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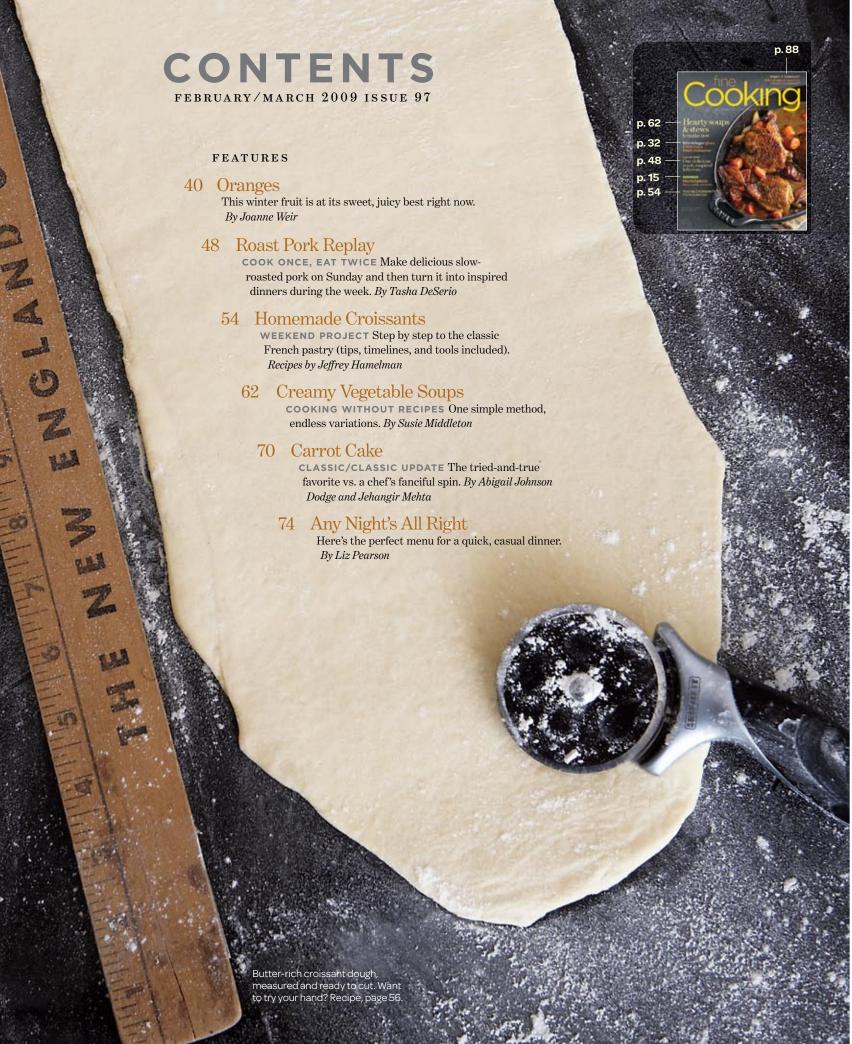
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## Smoked Paprika Roasted Salmon with Wilted Spinach

(Makes 8 servings)

1/4 cup orange juice

- 2 tablespoons plus 1 teaspoon olive oil, divided
- 2 teaspoons McCormick® Gourmet Collection™ Thyme Leaves, divided
- 2 pounds salmon fillets
- 1 tablespoon brown sugar
- 1 tablespoon McCormick® Gourmet Collection® Smoked Paprika
- 1 teaspoon McCormick® Gourmet Collection™ Saigon Cinnamon
- 1 teaspoon grated orange peel
- 1/2 teaspoon McCormick® Gourmet Collection™ Sicilian Sea Salt
- 1 bag (10 ounces) spinach leaves

irections:

MIX orange juice, 2 tablespoons of the oil and 1 teaspoon of the thyme in small bowl. Place salmon in large glass dish. Add marinade; turn to coat well. Cover. Refrigerate 30 min. or longer for extra flavor.

MIX sugar, smoked paprika, cinnamon, orange peel, remaining 1 teaspoon thyme and sea salt in small bowl. Remove salmon from marinade. Place in greased foil-lined baking pan. Discard any remaining marinade. Rub top of salmon evenly with smoked paprika mixture.

ROAST salmon in preheated 400°F oven 10 to 15 min. or until fish flakes easily with a fork. Meanwhile, heat remaining 1 teaspoon oil in large skillet on medium heat. Add spinach; cook and stir 2 min. or until wilted. Serve salmon over spinach.

## Same Great Taste

"Fine Cooking is not just another food magazine. It's about the hows, and more important, the whys of cooking."



Remains of the day: the cover recipe, enjoyed by me.

THAT'S A QUOTE FROM the publisher's letter in the first issue of *Fine Cooking*, which made its debut in 1993. It's never been more true. And while we are not changing our core mission—the one we've held tight to for 15 years now—we have changed a few other things with this anniversary issue. Well, OK, we've changed quite a few things, including our logo, which now looks more like us in the year 2009: authoritative and authentic, modern but still classic (not unlike the new take on coq au vin on our cover—see the recipe on page 8), smart, and fun. And did I mention gorgeous?

In the past 15 years, a lot has changed in the world of food and cooking. Food is front-page news now; cookbooks and food literature top the bestseller lists; food TV attracts vast audiences; chefs are celebrities. In fact, food has become a lot more important to a lot more people: Local, sustainable, and renewable are the buzzwords of a back-to-the-earth movement that's inspired a passion for fresh, locally grown food.

This is all good news, especially for the cook, who has more access to better ingredients than ever before. As a magazine, we're embracing the thrill of that hunt and dedicating a good chunk of our pages to stories about buying the best ingredients, and ideas and recipes for cooking with them. Start your shopping lists with Marketplace, a new section that begins on page 15.

We also like to think we've broadened our horizons, reaching out to those cooks who are anxious to learn and are looking for a place to begin (try Repertoire, page 22). And we're linking in with those kitchen adventurers who like a challenge (homemade croissants, anyone? See Weekend Project, page 54).

In addition, we're getting real. We know what it's like to live a crazy life but still want to cook dinner at the end of the day—for you, for your family, for the sake of something good to eat. Good food fast is more than an equation of cans and frozen goods; it's simple and ingredient-focused, like the recipes you'll find in Make It Tonight on page 88.

Recipes are great tools, but we like to teach too, to explain the "why" behind "how" something works. We even have a feature called "Cooking Without Recipes," which begins with a basic technique and then lets you take it from there.

As for our new look, suffice it to say we really cleaned out the closet. Don Morris (see page 10 for more about him) spent months listening to me talk about the magazine and its opportunities, our plans and goals and ideas. His vision distills the best of our past while embracing our greatest hopes for the future—all in one stylishly timeless package.

Of course, we won't be stopping here. That's one of the benefits of magazine work: the chance to keep at it constantly, reassessing and rethinking as we get to the next better, ever-more-articulate iteration of the world as we see it. Your thoughts and opinions will make this process even more interesting; please write, call, or email me. Can't wait to hear from you.



**Laurie Buckle, editor** fc@taunton.com



## what's for dinner?

I don't know about you, but that's the question of the day at my house. A hunch tells me it's a favorite subject for a lot of you.

So we decided to tackle the topic on our newly redesigned Web site. But since there's no one-size-fits-all answer, we've got any number of ways for you to find just what you're looking for. Some suggestions:

- Find the answer by clicking on the **recipes** icon (plenty of quick and easy options included).
- Got leftover produce? Hit the **ingredients** icon and discover great ways to use up the last of those carrots (or anything else you might have around).
- Want a good tip? Go to the **how-to** icon for great ideas and now-l-get-it videos.
- If you could use a little advice, click on the **CooksTalk** icon, where you'll find like-minded cooks sharing their ideas.

One burning question; thousands of delicious answers. All at the new FineCooking.com. Photographs by Scott Phillips

Continued on page 8

Visit amorebrand.com for Valentine's Day recipes.



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### That's Amore® Valentine's Pizza

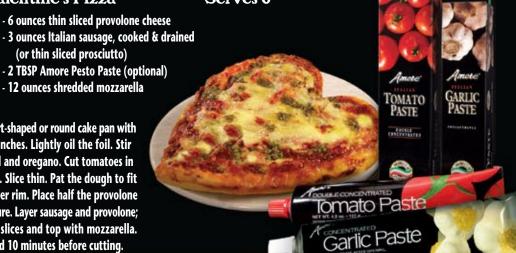
(or thin sliced prosciutto)

- 12 ounces shredded mozzarella

- 5 TBSP Amore Tomato Paste
- 2 TSP Amore Garlic Paste
- 1 TBSP olive oil
- 1/2 TSP oregano
- 2 medium tomatoes
- 1 lb fresh or thawed frozen pizza dough

Preheat oven to 425°F. Line a 10 x 2-inch heart-shaped or round cake pan with aluminum foil, overlapping sides of pan 2 inches. Lightly oil the foil. Stir Tomato Paste and Garlic Paste with olive oil and oregano. Cut tomatoes in half, remove the core and squeeze juice out. Slice thin. Pat the dough to fit in pan, pressing dough against sides and over rim. Place half the provolone on dough and cover with tomato paste mixture. Layer sausage and provolone; dot with Pesto Paste. Layer on the tomato slices and top with mozzarella. Bake 35 minutes or until browned. Let stand 10 minutes before cutting.







## wine-braised chicken with shallots and pancetta

In this modern take on coq au vin, Riesling subs for the usual red wine.

#### Serves 4

- 14 cup olive oil
- 4 bone-in, skin-on chicken thighs (about 1½ lb.)
- 4 chicken drumsticks (about 1½ lb.)
  Kosher salt and freshly ground black pepper
- 7 oz. pancetta, cut into ¾-inch dice (1 heaping cup)
- 8 medium shallots, lobes separated, large lobes halved through the core
- 4 medium carrots, cut into ¾-inch-thick slices, large slices cut in half
- 1 small bulb fennel, trimmed, cored, and cut into %-inch dice
- 1 large clove garlic, finely chopped
- 4 sprigs fresh flat-leaf parsley
- 4 sprigs fresh thyme
- 1 bay leaf
- 2 cups dry fruity white wine, preferably Alsatian or German dry Riesling
- 3 cups lower-salt chicken broth
- 1/4 tsp. finely grated lemon zest
- 1 Tbs. chopped fresh flat-leaf parsley

**Position a rack** in the bottom third of the oven and heat the oven to 300°F.

Heat 2 Tbs. of the oil in a 7- to 8-quart Dutch oven over medium-high heat. Season the chicken all over with 1 tsp. salt and ½ tsp. pepper. Arrange the chicken skin side down in the pot in a snug single layer and sear, flipping once, until golden brown all over, 10 to 13 minutes. Transfer to a plate.

Cook the pancetta in the pot until well browned all over, 5 to 8 minutes. Transfer with a slotted spoon to paper towels to drain. Pour off and discard the fat.

**Heat the remaining** 2 Tbs. oil in the pot over medium-high

heat. Cook the shallots, carrots, and fennel, stirring occasionally, until lightly browned, about 7 minutes. Add the garlic and cook, stirring frequently, until its aroma subsides, 1 to 2 minutes.

Tie the parsley sprigs, thyme sprigs, and bay leaf together with twine (or tie them in a small cheesecloth sachet). Add the herb bundle to the pot, along with the wine. Simmer briskly, scraping the bottom of the pot to loosen the brown bits. Add the broth and return the chicken and pancetta to the pot, arranging the chicken in a single layer. Bring to a simmer, cover and transfer to the oven.

**Braise the chicken** until the meat is forktender and just starting to come away from the bone, 35 to 45 minutes.

Transfer the chicken and vegetables to a serving platter with a slotted spoon and tent with foil. Discard the herb bundle. Bring the sauce to a boil over high heat and reduce to 2 cups, about 15 minutes. Stir in the lemon zest and season with salt and pepper. Pour the sauce over the chicken and serve sprinkled with the chopped parsley.

Make ahead: This dish may be made up to 2 days ahead. Let the sauce cool before adding the chicken and vegetables and refrigerating. Reheat gently over mediumlow heat before serving.

—Allison Ehri Kreitler

# Cooking®

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#### THE WINNER

### Reader tip: Easier stock

I enjoyed the recipe for Golden Turkey Broth in your October/ November issue (Fine Cooking #95). I've found that when making stock, my large stockpot with the pasta insert works great. I throw all the ingredients into the insert, cover with water, and when finished cooking, lift out the insert and dispose of the ingredients. No more messy spills or fumbling with a colander in the sink.

—Lori W., via email

#### Write a winning tip

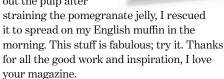
We want to hear from you. Give us your best tip and we'll reward you with a fabulous kitchen prize. Lori is the winner of a knife sharpener from Chef's Choice.

CALL OR WRITE: Fine Cooking, The Taunton Press, 63 S. Main St., P.O. Box 5506, Newtown, CT 06470-5506. Tel: 203-426-8171. Send an email: fc@taunton.com



#### Making the most of every recipe

I just made your most beautiful cover recipe (Chocolate-Pomegranate Torte, Fine Cooking #96). It came out gorgeous. But rather than throw out the pulp after



–Catherine McAvoy, via email

#### Bring it on...

First of all, I love your magazine. I just renewed my subscription and added my parents to the list. But I agree with reader Dolores B. LiSooey (Letters, Fine Cooking #95) in that I want to see recipes that are challenging and appeal to the wannabe gourmet in me. Maybe you could have a section for "amateur gourmets" like me, where you feature more complex recipes, techniques, and even plating tips.

> -Rebecca Shinduke Calgary, Alberta

I agree with Ms. LiSooey. Give us challenging recipes. Don't bother competing with run-of-the-mill "women's service" magazines. Give us the meals that we and our friends are eating in the finest restaurants.

-Karen Phillips, via email

#### ...or not

I disagree with Ms. LiSooey. My apologies to her, but there are plenty of difficult, hard-to-understand cookbooks out there that are more appropriate to the century in which we all used to live. Now we live in a much faster-paced world in which we need clear and concise directions that get to the point and get results. You guys at Fine Cooking just get it. Keep changing with the times and we'll keep cooking along with you.

> —Kerry O'Farrell Studio City, California

#### Gumbo go-alongs?

I've been a fan of Fine Cooking for years, and I've read each issue cover to cover. I want to serve the Chicken-Andouille Filé Gumbo from the January 2008 issue (Fine Cooking #90) to a crowd of about 30 people and was wondering what you would suggest as a side dish?

—Debbie Enssle, via email

Author Poppy Tooker replies: Everyone will be so impressed with your gumbo, you won't need much else. It's traditionally ladled over cooked white rice, making it a hearty, one-dish meal. I like to serve crusty bread alongside, to sop up any leftovers in the bowl. Offer folks a leafy, fresh green salad, and you won't have any complaints.

#### Induction info, please

We were excited to see the review on stockpots (Equipment, Fine Cooking #95) but were disappointed that you didn't note which ones are induction compatible. We are replacing our cooktop with an induction unit and in the process buying new induction-friendly cookware. We have had trouble finding replacements for our 12- and 16-quart stockpots. Any advice?

> -Michael Mendelsohn Chapel Hill, North Carolina

#### Contributing editor Maryellen Driscoll responds:

Space restricts us from including as much information as we'd like to about every piece of equipment we review. Of the four stockpots we featured, all but the All-Clad are induction compatible. However, we reviewed the All-Clad LTD line; the company's stainless and brushed-stainless professional lines are induction compatible.

#### Great gratins

From the moment I saw "Cooking without Recipes: Potato Gratin" in the November 2008 issue (Fine Cooking #95), I knew my friend and I would have to make one the next time we got together to cook dinner for our families. That opportunity came last Friday night. We made the version with shallots and Gruyère and agreed that it was the best potato dish we had ever had. Indeed, I found myself making the same version again only two nights later. Thank you for a fabulous article.

> -Kathryn Morris Indianapolis, Indiana

#### CORRECTION

In our last issue, Melissa Feldman produced our Great Finds holiday shopping gift guide, and Michelli Knauer was the food stylist for our Smart Cookies feature. Their names were inadvertently omitted.



Don Morris owns Don Morris Design, a Manhattan studio that has orchestrated redesigns and launches for PC World, Budget Travel, and Smithsonian and has

produced special issues for Entertainment Weekly and In Style. Along with art director Tannaz Fassihi, Don brought his 28 years of experience to modernizing and energizing the pages of Fine Cooking.

- The last thing I cooked was... blueberry pancakes.
- My resumé highlight is... designing for the Sundance Film Festival.
- My guilty-food pleasure is... pie.



Stefan Dziallas, who lives in Bremen, Germany, created the charming icons for our department pages. His company, Iconwerk, has designed custom icons for

AOL, Cisco, American Airlines, and ESPN The Magazine.

- The last thing I cooked was... spaghetti with jarred Arrabbiata sauce, topped with grilled vegetables.
- My drink of choice is... apple juice from local farmers.
- I think the next food trend will be... food matched by color to fashion.



Brian Geiger ("Why the Chicken Comes Before the Lemon," page 22) started down the path of food geekdom after attending cooking school in Tuscany.

A robotics project manager by day, he blogs at thefoodgeek.com on nights and weekends.

- I'm currently obsessed with... baking bread.
- My guilty-food pleasure is... a BBB sandwich—a BLT without the extraneous vegetables and fruits.
- My resumé highlight is... helping build a car that can drive itself in traffic.



Registered dietician Ellie Krieger ("Fried Rice Gets Fresh," page 32) is the author of The New York Times bestseller The Food You Crave; she also hosts

the Food Network's Healthy Appetite.

- My guilty-food pleasure is... french fries and chocolate molten cake. Although not together, of course.
- I think the next food trend will be... closer to home. People will be cooking more and buying food more locally—even growing it themselves.



Born in Australia, photographer Quentin Bacon ("Any Night's All Right," page 74) now makes New York City his home. He has shot for British and

American magazines as well as for cookbooks by Gordon Ramsay, Jean-Georges Vongerichten, and Mario Batali.

- I'm currently obsessed with... vanilla ice cream with a shot of espresso on top.
- The last thing I cooked was... fudge.
- I think the next hottest drink trend will be... pisco sours.



**Christopher Silas Neal's** illustrations ("Why the Chicken Comes Before the Lemon," page 22) regularly appear in The New York Times Review of Books, The

New Yorker, and Time magazine. He exhibits at galleries across the country and teaches illustration at Brooklyn's Pratt Institute.

- The last thing I cooked was... ribollita [a soup of cannellini beans, cabbage, and greens over grilled peasant bread].
- My drink of choice is... Guinness in the winter, acqua frizzante in the summer.



Jim Meehan ("Shaken or Stirred?" page 38) is a contributing editor for Mr. Boston: Official Bartender's and Party Guide. He has been a mixologist at

Manhattan's Gramercy Tavern and Pegu Club and is now manager at the bar PDT (Please Don't Tell) in New York.

- My drink of choice is... a latte made from Stumptown Coffee at Ninth Street Espresso.
- My resume highlight is... I'm still employed.
- I think the next food trend will be... low-fat, decaf, gluten-free, free-range, organic, sustainably raised rabbit jerky.



Jehangir Mehta ("Carrot Cake," page 70) is chef and owner of New York's Graffiti restaurant. Previously pastry chef at Jean-Georges, Mercer Kitchen, and Aix,

he recently came out with his first cookbook, Mantra, featuring ingredientinspired avant-garde sweets.

- The last thing I cooked was... toast.
- The one food I'd like to see banished is... meatloaf.
- I'm inspired by... my wife's inability to cook.



Josh Darden is chief designer at Darden Studio, in Brooklyn. He developed Fine Cooking's new typeface, called FC Omnes, which features rounded characters

and an open, inviting feel.

- The last thing I ate was... a burger on ciabatta with grilled pineapple and a
- My drink of choice is... bitters and tonic.
- I think the next food trend will be... locavores rising.

## contributors' update

Former Fine Cooking editor Martha Holmberg has a new cookbook out called Puff, with recipes for puff pastry. She is food editor for The Oregonian and editor of its magazine, MIX.

Regular contributor Nicole Rees's new book, Baking Unplugged, features simple recipes for basic baked goods that don't require fancy ingredients or equipment.

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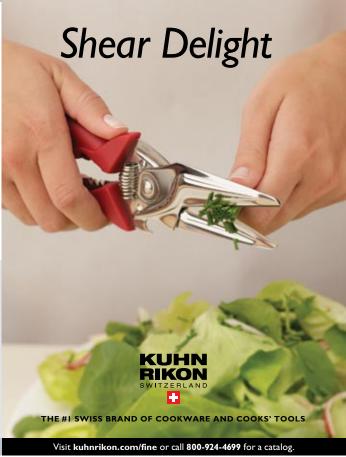
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## Question of the Day

One reader ponders "What's for dinner?" and then begins her search for an answer at FineCooking.com. Oh, the places you can go!



SLOW DAY AT WORK

Hmm, what's for dinner? I've got salmon and mushrooms in my fridge.



RECIPE SEARCH

Asian Glazed Salmon with Roasted Mushroom Salad. Do I have everything I need? Scallions, check. Ginger, check. It calls for mirin. What exactly is mirin?



#### INGREDIENT DISCOVERY

A Japanese sweet rice wine for cooking. Says here it's available in some grocery stores. OK, I'll check it out.

No mirin at my supermarket, but Ingredient Discovery says I can substitute white wine plus a little sugar.

#### RATE & REVIEW RECIPES

Mirin or no mirin, the glazed salmon was delicious. I'm posting my review on FineCooking.com





#### Cook the Issue

Ever thought about cooking your way through an entire issue of Fine Cooking? Take the CooksTalk challenge at FineCooking.com: Post photos of what you make, tell us what you love, what you don't, and what else you want to know. Cook the whole issue and you could win a cookware shopping spree.

### What's new at FineCooking.com?



#### What We're Cooking Now

Like the column (see page 18)? Follow the blog. Seasonal inspiration straight from our editors' home kitchens.



#### **Ingredient Discovery**

Pump up your ingredient IQ with the curious cook's guide to everything from asafetida to ziti.



#### **Test Kitchen Blog**

Learn all the right moves with our test kitchen experts. Find recipe hints, video tips, and great advice.



#### **Weekend Project**

Get your hands even doughier (see page 54). Find more croissant how-tos, with audio slide shows and plenty of step-bystep photos.



#### Food Geek Blog

Why did my cake fall? Follow the Food Geek (see page 22) as he gets to the bottom of culinary mysteries every week.

Sign up for the **free** FineCooking.com eLetter for a weekly look at what's newest and hottest on the Web. Get exclusive Web-only recipes, how-to videos, and advice from the experts.

# Cooking

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## **MARKETPLACE**

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#### TRY THIS ESCAROLE

#### What it is

Escarole goes by a few aliases, including Batavian endive, common chicory, or broad chicory. Whatever you call it, escarole is a bitter leafy green that's part of the chicory genus, so it's closely related to frisée, radicchio, curly endive, and Belgian endive. It grows into an open, somewhat flat head of broad, crumpled-looking, light- to dark-green leaves with wide, fleshy stems.

#### Why we love it

Compared to that of its other chicory cousins, escarole's bitterness is relatively mild, and you can eat it raw or cooked. Raw escarole has a crisp texture and a slightly sweet flavor that tempers the bitterness, making it a perfect choice for winter salads. It's especially delicious paired with apples, pears, cheeses (blue or goat), olives, and nuts. Once cooked, escarole develops a tender, melting texture, and its bitterness becomes a little more pronounced. It's great in soups or sautéed with other strong flavors, like capers and garlic, as a side dish. Escarole and white beans is a classic pairing.

#### How to buy and store it

Choose heads of escarole with perky, freshlooking leaves. Avoid any with tough-looking outer leaves, especially if there are signs of browning around the tops of the leaves. Store escarole in a plastic bag in your refrigerator's crisper bin for up to three days.

#### How to cook it

To use escarole in a soup, simply chop it up, stems and all, and add it to the soup in the last 15 or 20 minutes of cooking—enough time to become very tender. If you're planning to sauté the escarole, it's worth taking the extra step of blanching it in boiling water for a couple of minutes first. Though there are plenty of recipes out there that call for sautéing escarole without blanching, we've found that this approach results in a tough-textured dish that looks like wilted lettuce. In comparison, blanched and sautéed escarole has a succulent texture and a brighter green color.

—Jennifer Armentrout

## sautéed escarole with raisins, pine nuts, and capers

You can blanch the escarole up to one hour ahead. Wait until just before serving to add the lemon juice, though, as the acid in the juice will dull the escarole's color if it sits too long.

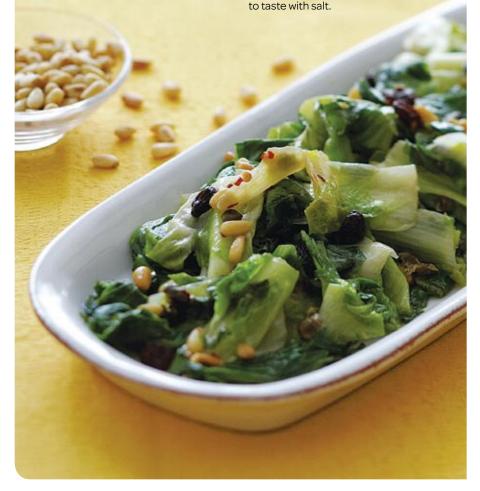
#### Serves 4

#### Kosher salt

- 2 lb. escarole (about 2 heads), trimmed, rinsed, and cut into roughly 2-inch pieces
- Tbs. extra-virgin olive oil
- large cloves garlic, smashed and peeled
- 2 Tbs. pine nuts
- 2 Tbs. raisins
- Tbs. capers, rinsed Pinch of crushed red pepper flakes
- tsp. fresh lemon juice

Bring a large pot of well-salted water to a boil over high heat. Add the escarole and cook until the stem pieces start to soften, about 2 minutes (the water needn't return to a boil). Drain, run under cold water to cool, and drain again.

In a 12-inch skillet, heat the olive oil and garlic over medium heat, stirring occasionally, until the garlic browns lightly, 2 to 3 minutes. Remove the garlic with tongs and discard. Add the pine nuts, raisins, capers, and pepper flakes and cook, stirring, until the pine nuts are golden and the raisins puff, about 1 minute. Add the escarole, increase the heat to medium high, and cook, tossing often, until heated through and tender, 3 to 4 minutes. Sprinkle with the lemon juice and season



Photographs by Scott Phillips

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#### WHAT WE'RE COOKING NOW

Radishes, Avocados, and Cabbage

Nine ways to use three seasonal ingredients we can't get enough of. Fine Cooking editors share some delicious ideas.





**Avocados** 

Dabney Gough: I got addicted to avocado shakes when I was in Indonesia-ripe avocados, plenty of sweetened condensed milk, and

ice puréed in a blender. The result is almost like a milkshake but a bit more refreshing.



Rebecca Freedman: Caterer Tasha DeSerio gave me this easy idea for avocado toast, and I've been obsessed with it ever since

-especially when I get home from work and am too tired to make anything else. I mash an avocado, spread it on slices of toasted crusty bread, sprinkle with sea salt, and drizzle with good-quality olive oil.

Denise Mickelsen: My friend and former colleague Avery Wittkamp told me about this twist on classic tuna salad, and now this is the way I always make it. Skip the mayo and smash up some avocados instead. Add tuna, salt and pepper, and your favorite tuna fixings-I like fresh dill and finely chopped red onion.



Allison Ehri Kreitler: I sauté thinly sliced Savoy cabbage over high heat until nicely browned and then use it as a bed for sautéed white fish, with an Asian dipping sauce poured over the whole dish.

Laura Giannatempo: To make a mock sauerkraut, cook some diced bacon in a large skillet, set the bacon aside, add a little oil to the bacon fat, and cook some mashed garlic in the fat to flavor it. Remove the garlic and sauté sliced napa cabbage in the fat until just wilted. Then add some water or broth, cover, and cook until it's very tender. Next add a generous amount of red wine vinegar (a good 1/3 cup for a full pan) and let it evaporate uncovered. To finish, toss the bacon back in and season with salt and pepper.



Denise Mickelsen: For a wintery slaw-like salad, I steam shredded green cabbage in water with a touch of cider vinegar

until wilted, then throw it into a colander with thinly sliced red onion and toss while still hot. After it's cooled a bit, I add a vinaigrette of orange juice, lemon juice, cider vinegar, chopped fresh dill, grainy mustard, and olive oil, along with some poppyseeds and thinly sliced apple.





Allison Ehri Kreitler: Try making a radish raita by mixing coarsely grated radishes with wholemilk yogurt, thinly sliced chives, a little

mashed garlic, salt, and pepper. It's delicious with salmon and boiled baby potatoes.

Denise Mickelsen: Braised radishes make a lovely side dish for roasted meats. I gently simmer whole radishes in a little broth with olive oil or butter until crisp-tender, and then sprinkle with sea salt and thinly sliced chives.



Laura Giannatempo: I love adding thinly shaved radishes to a classic wintery Mediterranean salad of shaved raw fennel, orange segments,

and black olives dressed with a citrus vinaigrette.



#### PRESERVING THE SEASON

## emons

LEMONS NEVER TASTE BETTER than they do right now, so it's the perfect time to stock up and "put up" lemons in the form of marmalade.

Here's a method for making marmalade that uses just about the entire fruit—from zest to juice. Powdered pectin shortens the cooking time and eliminates the guesswork behind gauging the correct consistency. Easy and foolproof, this marmalade is a sure-fire way to enjoy lemons now and long after the season is gone.

## lemon-ginger marmalade

This golden-hued marmalade is right at home on toast, but it's also divine stirred into plain yogurt or dolloped on coconut ice cream. Find pectin where canning supplies are sold-try supermarkets or hardware stores-or see page 92 for a mail-order source.

#### Yields 5½ to 6 cups

- 1½ to 2 lb. lemons (6 to 8 medium)
- ½ cup finely chopped fresh ginger
- 1 1%-oz. package powdered pectin
- 61/2 cups granulated sugar

Peel the zest from the lemons with a vegetable peeler, avoiding as much of the white pith as possible. Slice the zest strips crosswise very thinly at an angle to make strips about 1/16 inch wide by 1 inch long-you'll need 1 cup of zest strips. Put the zest in a 4-quart (or larger) saucepan.

Trim the ends from the zested lemons to expose the flesh. With one cut side down on the cutting board, trim the

pith off the lemon all the way around and discard the pith. Quarter the lemons lengthwise and remove any visible membranes and seeds. Slice the wedges crosswise 1/4 inch thickyou'll need about 1½ cups.

Add the sliced lemons, ginger, and 2 cups water to the lemon zest. Bring to a boil over medium-high heat, adjust the heat to maintain a simmer, and cook until the zest is soft and the membranes start to break down, 6 to 8 minutes.

Whisk the pectin into the mixture. Increase the heat to high, add the sugar, and bring to a boil, whisking constantly to smooth lumps. Boil vigorously for 1 minute, whisking constantly (move the pan off the burner momentarily if it threatens to boil over). Remove the pan from the heat and let sit undisturbed for 5 minutes.

Skim any foam and seeds off the surface of the marmalade. Stir gently



to redistribute the solids. Transfer the marmalade to heatproof storage containers, let cool to room temperature, and then refrigerate for up to 1 month.

Note: For longer storage at room temperature, can the marmalade. Transfer the hot marmalade to clean, hot canning jars, leaving 1/2 inch of headspace in each jar, and follow the canning directions at FineCooking .com, processing the marmalade for 10 minutes. —Dabney Gough



It's lime season, too. Find a bonus recipe for Lime-Tequila Marmalade at FineCooking.com/extras.



#### NEWS BITES

## A Fishy Guide

You're standing at the seafood counter, on your way home to make dinner-good luck remembering whether Atlantic cod or bluefish is the better sustainable choice. The Seafood Watch guides from the Monterey Bay Aquarium make it easy. (Answer: bluefish.) They're updated every January and June, so now's the time to go to montereybayaquarium .org to download and print out your card, order free guides, or download the guide to your cell phone.



### Cookies That Count

Delectable flavors, unusual ingredients, and adorable size would be reason enough to buy the shortbread and granola squares from the Khaya cookie company. But the Cranberry Rooibos Shortbread and Granola Fruit Krunchi taste even better when you know that every batch is made by hand in South Africa, creating jobs for local women. Buy online for \$5.75 a box at www.khayacookies.com.



#### BIG BOX COOKING

## White Cheddar

Making the most of a favorite food find from a warehouse store. BY ALLISON EHRI KREITLER

HERE'S A SECRET: Foodies love shopping at the big box stores (delicious finds, bargain prices). The challenge? Not letting any of that big buy go to waste. The solution? Great recipes like these. Consider the two-pound brick of Cheddar. Sure, it's great for snacking and making old favorites like mac and cheese and grilled





#### The Big Buy

What: Sharp or extra-sharp white Cheddar How much: Two pounds How to store: Remove the plastic wrapper and loosely rewrap the cheese in waxed paper or parchment, and then in plastic wrap or foil. Store in the refrigerator crisper drawer and change the wrapping every few days. Or store the un-

wrapped cheese in a sealed, paper-towel-lined storage container anywhere in the fridge. The cheese will keep for several weeks. If it develops mold, cut into the cheese 1/2 inch below the mold to remove it. The remaining cheese is still good to eat. Discard the cheese if it develops any off-odors or becomes slimy or overly dry.



## cheddar and cauliflower soup

#### Yields 8 cups; serves 6 to 8

#### Kosher salt

- ½ head cauliflower (about 1 lb.), cored and cut into 11/2-inch florets
- 2 Tbs. unsalted butter
- medium yellow onion, small diced
- medium clove garlic, minced
- Tbs. all-purpose flour
- tsp. packed, freshly grated nutmeg
- tsp. cayenne
- cups lower-salt chicken broth
- cup heavy cream
- 3 sprigs fresh thyme
- cups grated sharp or extra-sharp white Cheddar (about 14 oz.) Freshly ground black pepper

Bring a large pot of salted water to a boil. Boil the cauliflower until tender, about 4 minutes. Drain and let cool slightly. Trim the stems from 18 of the cauliflower pieces and cut the crowns into mini florets about 1/2 inch wide; set aside. Reserve the trimmed stems with the remaining larger pieces. Melt the butter in a 4-quart saucepan

and 1/4 tsp. salt and cook, stirring frequently, until soft, 10 to 12 minutes. Add the garlic and cook until the aroma subsides, 2 to 3 minutes. Increase the heat to medium, add the flour, nutmeg, and cayenne and cook for 3 minutes, stirring constantly. Whisk in the broth, cream, and 2 cups water. Add the thyme and bring to a

over medium-low heat. Add the onion

simmer. Stir in the cheese until melted and simmer for 5 minutes to develop the flavors.

Remove and discard the thyme stems and stir in the larger cauliflower pieces and reserved stems. Working in batches, purée the soup in a blender. Return the soup to the pot, season with salt and black pepper to taste. Add the mini cauliflower florets and reheat gently before serving.

Variation: To dress up this rustic soup for a special occasion, garnish with a combination of 3 Tbs. toasted chopped walnuts, 1 Tbs. chopped fresh parsley, and 1½ tsp. finely grated lemon zest.

### baked cheddar grits with bacon

Whipped egg whites lighten the grits, giving them a soufflé-like texture.

#### Serves 6

Kosher salt

- 1 cup hominy grits (not instant or quick), such as Quaker Old Fashioned
- 1½ cups grated sharp or extra-sharp white Cheddar (about 5 oz.)
- 1 Tbs. all-purpose flour
- 1 tsp. chopped fresh thyme Freshly ground black pepper
- 1 medium clove garlic
- 6 strips bacon (about 6 oz.), cooked until crisp and chopped into small bits
- 3 large eggs, separated
- 14 cup heavy cream

Position a rack in the center of the oven and heat the oven to 350°F.

Put 4½ cups water and ½ tsp. salt in a 4-quart saucepan, cover, and bring to a boil. Whisk the grits into the pan in a slow stream. Reduce the heat to medium low, cover, and simmer, whisking occasionally, until thickened, 12 to 15 minutes. In a large bowl, toss 11/4 cups of the cheese, the flour, thyme, and several grinds of pepper. Chop the garlic,

sprinkle with a generous pinch of salt,

and mash it into a paste with the side

of a chef's knife. Whisk the mashed



garlic, the cheese mixture, and the bacon into the grits until blended and the cheese is melted. Season to taste with salt and pepper.

**Scrape the grits** into the large bowl. In a medium bowl beat the egg whites and a pinch of salt with a hand mixer until they just hold stiff peaks. In a small bowl, whisk the yolks and cream; whisk this mixture into the grits. With a large spatula, gently stir one-third of the whites into the grits to lighten them and then fold in the remaining whites. Scrape the grits into an 8x8x2-inch glass or ceramic baking dish.

Sprinkle the remaining 1/4 cup cheese evenly over the grits. Bake until puffed, browned, and bubbling, 50 minutes to 1 hour.

### poblanos stuffed with cheddar and chicken

#### Serves 4

- 4 large poblano chiles
- 2 medium tomatoes, chopped
- medium white onion, chopped
- 1 large clove garlic, chopped
- 1 tsp. dried oregano, crumbled
- 1 tsp. ground cumin Generous pinch ground cinnamon Kosher salt
- 1 Tbs. olive oil
- 2 cups shredded cooked chicken, preferably dark meat
- 11/2 cups cooked brown or white rice
- 2 cups grated sharp or extra-sharp white Cheddar (about 7 oz.)

- 1/4 cup chopped fresh cilantro (including some tender stems)
- 1 Tbs. lime juice

**Position an oven rack** about 4 inches from the broiler and heat the broiler on high. Line a large rimmed baking sheet with foil.

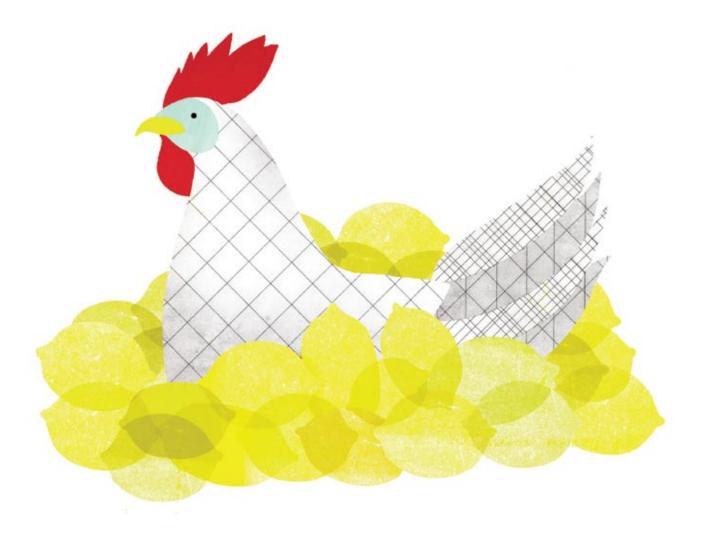
**Slit the chiles** from stem to tip and set on the baking sheet. Broil, turning every few minutes, until blackened all over, 5 to 8 minutes. Let cool slightly, peel off the skins, and cut out the seed cores, leaving the stems on. Turn the chiles inside out, flick out any remaining seeds, and turn right side out. Return the poblanos to the baking sheet.

Purée the tomatoes, onion, garlic, oregano, cumin, cinnamon, and ½ tsp. salt in a food processor. Heat the oil in a 12-inch skillet over medium heat. Add the purée and cook, stirring frequently, until the liquid has evaporated and the mixture looks thick and pulpy, 8 to 11 minutes. Remove the pan from the heat. Stir in the chicken and rice, and then 1 cup of the cheese, the cilantro, and the lime juice. Season to taste with salt. Divide the filling among the peppers, wrapping the sides of the peppers up and around the filling, some of which will still be exposed.

Broil the peppers until the cheese is melting and the top is beginning to brown, about 4 minutes. Top with the remaining 1 cup cheese and broil until the cheese is completely melted, about 2 minutes.







## Why the Chicken Comes Before the Lemon

Or the science behind making a meal taste better. BY BRIAN J. GEIGER

I'VE ALWAYS LOVED EXPERIMENTING. In my day job, I mess around at a robotics firm. When I get home, I do my experimenting in the kitchen. And because I'm a geek (I admit it), when I get interested in something, I tend to go into it a bit further than a normal person. The good news is that my all-consuming focus doesn't just lead to interesting discoveriesit also results in better-tasting food.

Take, for example, a recent trip to the grocery store, where I saw lemons on sale. My first thought on seeing a whole bag of lemons was one you've probably had as well: "Wow, I could make a lot of chicken piccata." No? Well, to me, the sight of all those lemons made me want to play around with my standard recipe, to see if I could improve on a weeknight staple. Here's what I found out.

Chicken piccata is a fast, easy recipe you flatten chicken cutlets, dredge them in flour, sauté until brown, and then make a pan sauce with some lemon juice added for tang. I thought to myself, Wouldn't it be an awfully good idea to use lemon earlier in the cooking, to infuse the chicken with lemony goodness? Might not even need a sauce at that point. Crazy thinking, I know.

So I added an extra bowl at the beginning of my dredging station and put lemon juice in it. I dipped the flattened chicken breast into the lemon juice, then in flour, then into a hot skillet. The odd thing was that the chicken didn't cook quite right. It was mostly fine, but the browning was uneven.

I wondered if the problem was that the chicken was too wet (because of the added

### amp up the flavor

As our Food Geek learns, browning chicken and other foods creates intense flavors. His conclusions point to two good tips:

- For meat to brown, it must be heated hotter than 230°F.
- Too much acid (like lemon juice) will result in less browning.

lemon juice), so I made two cutlets side by side, dipping one in lemon juice at the beginning and one in water. Strangely, the lemony chicken browned unevenly and didn't have as complex a flavor as the one dipped in water.

What was going on? I concluded that the results had something to do with the Maillard reactions. These are a series of chemical reactions that cause browning and amp up the flavor when you cook meat, vegetables, or anything that isn't mostly sugar. A French scientist named Louis-Camille Maillard discovered these reactions in 1913 when researching cell biochemistry, and most of the research

browning occurs at 230°F. Water normally boils at 212°F. Therefore, if you have too much water, you'll be steaming whatever you're cooking, and it will never have the chance to brown.

PH The environment should not be acidic. Aha! This is when I realized that too much lemon juice was throwing off the pH balance of my chicken piccata. That's why it wasn't browning. You know how if you put sliced apples in water with lemon juice, they won't turn brown? That's because the browning of fruit is a Maillard reaction as well, albeit one

## Aha! I realized that too much lemon juice was throwing off the pH balance of my chicken piccata. That's why it wasn't browning.

had to do with diabetes, not cooking. But that doesn't mean we can't use what scientists have learned in order to make better food.

Here's what we know about Maillard reactions: Heat + amino acids + sugar + water in a pH-neutral to somewhat alkaline environment will make food taste better. Too much to take in at once? Let's break it down.

HEAT This is the easy one. Not all that much heat is necessary for the golden-brown deliciousness of the Maillard reactions-generally, about 230°F. This is significantly lower than is needed to caramelize sugar, which is good because otherwise, meat would dry out while you're trying to bring out the flavor. Another way to encourage browning is to cook at a lower heat for a longer time.

AMINO ACIDS Proteins, like the ones found in meat and gluten, are composed of building blocks of about 20 amino acids. In addition, there are hundreds of other amino acids running around doing things that are unrelated to making protein. The important thing is that some of them are on the surface of the food you're cooking; otherwise, it won't brown. Usually, you get these amino acids from proteins that start to break down when you cook them.

SUGAR You don't need much, and it doesn't have to be table sugar. Starches are made of sugar molecules, and when you heat the starches, some of them break down into sugars and fuel the tasty chemical reactions.

WATER Again, not a lot of water. You may recall from the heat discussion that

that happens without heat. The acid in the lemon juice prevents browning there, and it will prevent browning in other circumstances as well.

So the key to tasty chicken piccata is not the lemon (although that adds a nice sharpness) but the fact that the whole recipe is geared towards maximizing the Maillard reactions (which translates into maximum flavor). Here's why:

· First, you flatten the chicken. This creates more surface area,

so there's more browning. More browning means more flavor.

• Second, you dredge in flour. The flour soaks up moisture from the surface and imparts a bunch of handy proteins that are ready to be broken apart and turned into amino acids.

• Third, you make a pan sauce. Scrape up the bits of whatever you were cooking that were changed by the Maillard reactions but were left in the pan, dissolve those bits in liquid, and get a delectable sauce.

By adding lemon juice at the beginning, I was interfering with the Maillard reactions. Even though the resulting chicken was infused with lemony flavor, I don't think I'll make this modification permanent for my standard chicken piccata. It's not worth losing the tasty browning. Instead, the next time lemons go on sale at my local store, I'll just get out my juicer and make lemonade.

Brian J. Geiger is a project manager for a robotics company in Charlottesville, Virginia. His alter ego is thefoodgeek.com.



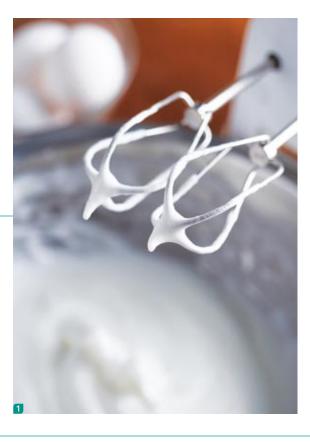


#### HOW TO MAKE

## Chocolate Mousse

It's surprisingly simple to prepare this classic, oh-so-decadent dessert. What's hard is not eating it all in one sitting. BY DABNEY GOUGH

RICH, INDULGENT, LIGHT AS AIR. Chocolate mousse is all of those things. And given how easy it is to make, it's a dessert that should have prime real estate in your recipe box. With our basic recipe, the right tools, and a little know-how, you'll soon be on your way to sweet success.





## cook's tips

#### 1 Knowing when to stop beating your egg whites is key. Soft peaks barely hold their shape; the peaks flop over when the beat-

ers are lifted. Stiff peaks (like those at right) stand up when the beaters are lifted.

2 For an airy mousse (after all, mousse means foam in French), use a light touch and a large rubber spatula to fold the egg whites and whipped cream into the chocolate.

## No cooking class required

Making this classic French dessert is as easy as the tools you need and the tricks you know. Check out our flavor twists to expand your repertoire.

#### **TOOLS**

A few standard kitchen utensils are all you'll need:

- 3 bowls
- a skillet
- a large heatproof rubber spatula
- an electric hand mixer or a balloon whisk

Use the best-quality semisweet or bittersweet chocolate you can find, preferably with 60 to 62 percent cacao for the smoothest texture and best flavor.

Serve your mousse right away for a slightly looser texture or chill it for a firmer result.

#### **TWISTS**

For something a little different,

- Hazelnut: 3 Tbs. Frangelico.
- Bourbon: 1 Tbs. bourbon.
- Coconut: 1/2 cup to asted sweetened coconut (serve immediately to retain texture).



- 6 oz. semisweet or bittersweet chocolate, preferably 60% to 62% cacao, chopped
- 2 Tbs. unsalted butter, cut into 8 pieces
- 3 large egg whites Pinch of table salt
- 3 Tbs. granulated sugar
- 34 cup cold heavy cream Chocolate shavings for garnish (optional)

Put the chopped chocolate in a medium heatproof bowl and set the bowl in a skillet of barely simmering water. Stir the chocolate with a heatproof spatula just until it is melted. Remove the bowl from the skillet, add the butter to the chocolate, and stir until the butter is completely melted and the mixture is smooth. In a medium bowl with an electric hand mixer on medium-high speed (or with a balloon whisk), whip the egg whites and salt until they barely hold soft peaks. While whipping, gradually sprinkle in the sugar—go slowly, as adding it too fast may cause the whites to fall. Continue whipping until the whites just start to hold stiff peaks (see photo 1 opposite). Don't overbeat or the dissolved sugar may weep out of the whites.

**Wipe the beaters** (or whisk) clean and then whip the cream in a large bowl until it's fairly thick and holds a soft peak when the beaters are lifted.

With a large spatula, gently fold about onethird of the egg whites into the chocolate until the mixture is no longer streaky. Fold in the remaining whites. Scrape the chocolate mixture into the whipped cream. Add a flavoring, if using (see sidebar opposite). Fold gently until the mixture is uniform in color and texture. **Divide among** 4 dessert dishes and serve immediately, or refrigerate for at least 30 minutes for a slightly firmer texture. Garnish with chocolate shavings, if using.

**Note:** The risk of salmonella infection from consuming raw egg whites is low, but the only way to be completely safe is to use pasteurized egg whites.





## Great Finds

Our latest buys for the kitchen and table. BY DENISE MICKELSEN



#### The New Doily

Modern Twist's silk-screened silicone Doileez protect your furniture while adding a decorative touch. They're food safe, so you can use them to line platters, too. \$22 to \$25 for a set of two 10-inch Doileez; modern-twist.com for stores.



#### **Sweet Ending**

Fifty-year-old Mercer's Dairy of New York state makes these luscious ice creams with wines from the oldest vineyard in the country, Brotherhood Winery. We liked all six flavors, but Red Raspberry Chardonnay, Chocolate Cabernet, and Ala Port were our favorites. \$6 per pint at mercersdairy .com; 866-637-2377.



#### **Rustic and Refined**

This elegant wine chiller offsets hammered stainless steel with a leopard wood base, to lovely effect. \$180; atticus home. com for stores.



#### One of a Kind

A woodgrain pattern gives these gorgeous handcrafted bowls a rustic look, while their free-form shapes make them modern. dbO Home's Burl Collection dinnerware (available in chocolate, lettuce, and oyster shown here, as well as honey, truffle, and steamer), \$24 to \$80 at dbohome.com; 860-364-6008.



#### **Grind to Go**

Particular about your s&p? Take your own on the road with this stylish stainless-steel mini salt and pepper grinder travel set.

\$45 (includes leather pouch) at grindpepper.com; 888-514-7463.



#### History in the Baking

We love the swirling shape of NordicWare's Heritage Bundt pan-inspired by an eastern European kugelhopf pan but cool now in a Frank Gehry kind of way. \$34 at williams-sonoma.com; 877-812-6235.



**Modern Vintage** Beautiful and functional, this handcast polished aluminum lemon juicer has real heft. It also makes a great gift. \$36 at beehivekitchenware .com; 508-678-4335.



**The Perfect Snack** Like a cross between a cookie and a cracker, these super-light, not-too-sweet olive oil tortas are made with all natural ingredients. They also happen to be impossible to resist. Ines Rosales Sweet Olive Oil Tortas, \$11.95 for 2 packs of 6 at tienda.com; 800-710-4304.

SWEET OL

OIL TORTA



Easy as A-B-C Handmade porcelain alphabet napkin rings let you customize your table with style. They also make a great gift when paired with the hemstitched linen napkins. \$10 each or \$125 for a set of 8 with napkins at dinner-ware.com; 718-593-4097.

**Keeping It Fresh** Organic spices, individually wrapped in one-teaspoon packets and sold in sets, are easy to use and stay fresh longer; plus their cute tins are stackable for storage. **\$42** for a collection of 6 tins with 12 packets in each at tspspices.com; 877-511-8777.







## The Reading List

New must-buys for food lovers. BY KIMBERLY Y. MASIBAY

#### American Cheeses

The Best Regional, Artisan, and Farmhouse Cheeses; Who Makes Them, and Where to Find Them by Clark Wolf (Simon & Schuster, \$25)

Clark Wolf had been meaning to write about his adventures sleuthing out this country's most amazing cheeses for almost 30 years. It's good news for all of us that he has finally gotten to it. In this delightful book, Wolf travels from West to East, stopping often along the way to introduce us to his favorite cheeses and the artisans who make them. It's hard to imagine a better guide.

Wolf, who has run multiple cheese shops and served as the executive director of the American Cheese Society, is generous, knowledgeable, charming, and chatty. He starts by walking us through cheese basics in depth: how it's made, how to store and serve it, what to eat and drink with it, where to buy it, and a whole lot more. Next come intimate profiles of cheesemakers, organized by region (the Northeast and New England, the South, the Middle West, and the Wild West), along with an eclectic mix of recipes

from top American chefs. Taken together and illustrated with lovely black-and-white photographs, it's a fascinating overview of a particular sliver of our national food culture.

### Frank Stitt's Bottega Favorita

A Southern Chef's Love Affair with Italian Food (Artisan Books, \$40)

Back in 1988, Frank Stitt, a thirdgeneration Alabamian, opened Bottega Italian Restaurant in Birmingham. Blending southern ingredients with Italian culinary techniques, Stitt's Bottega was a delicious success, as is his inspiring new book. It's filled with evocative photos that capture the restaurant's spirit and energy, plus 150 tantalizing recipes—vou'll find Venetian risottos, Tuscan grilled and roasted meats, Piedmontese braises, Neapolitan grilled and stewed seafood, hearty Roman pastas and wood-fired pizzas, and spicy Sicilian couscous. Bottega's fare is straightforward -fresh, humble ingredients, harmoniously combined and simply presented—so you really can cook Stitt's recipes at home.

#### Food Matters

A Guide to Conscious Eating, with More Than 75 Recipes by Mark Bittman (Simon & Schuster, \$24)

Food lovers have plenty to ponder these days. A trip to the supermarket can stir up a stew of questions about where our food comes from; how animals and crops are raised; how our choices affect our health and our planet; and, increasingly, why food costs so darn much.

In his new book, award-winning cookbook author Mark Bittman efficiently investigates these tough questions and proposes an eating plan to improve the health

of people, planet, and pocketbook. It's simple: Cut out the junk. Eat fewer animals. Feast on lots of real whole foods-fruits, veggies, grains. But Bittman's not about to deprive anyone of good food. Rather, in a direct, appealing style, he unravels a tangle of information about diet, health, agriculture, government, and climate change, illustrating the links between our eating habits and the environment. Bittman foresees a brighter future as he offers solutions in the form of meal plans, menus, and more than 75 well-crafted recipes.

Kimberly Y. Masibay is a Fine Cooking contributing editor.

### what we're reading now A recent stroll though a sidewalk book sale turned up a 1949 edition of

James Beard's The Fireside Cookbook. And while I've been a fan of Beard's since the first time I made his pot roast from American Cookery (despite the salt typo!), this was a first experience with this charming book. I won't be trying Duchess Soup (an odd mix of tapioca, milk, and grated American cheese), but the Whitebait Pancakes sound like a good bet. Beard's unique voice is a big part of this book's appeal, but it's the vintage illustrations that take the cake. -Laurie Buckle





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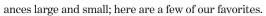
amazon.com

## Bronze Is the New Stainless

What's new in kitchen design. BY LISA WADDLE

SHINY STAINLESS-STEEL KITCHENS ARE far from over, but we're predicting a warmup. The new metal in the mix: bronze. Happily, bronze blends well with stainless, so you don't have to overhaul your entire kitchen at once-but consider the trend a good excuse to go for an update, if you're looking for one.

Several manufacturers have introduced bronze finishes for appli-





#### let it flow

Moen now offers many of its kitchen faucets in an oil-rubbed bronze finish, including this Woodmere model (\$760 at showhouse .moen.com).



Oxo's Good Grips Touch Can is a tall and narrow column of bronze (\$130 at oxo.com).



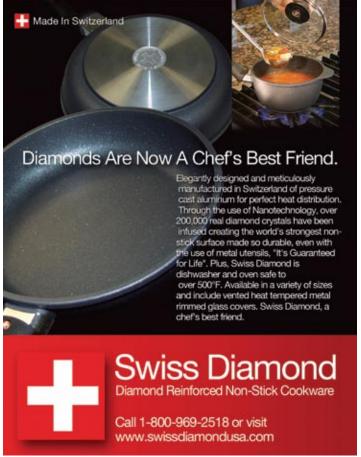
Jenn-Air offers wall ovens, refrigerators, dishwashers, microwaves, warming drawers, and chimney hoods in oiled bronze. Visit jennair.com for details.













## Fried Rice Gets Fresh

Nutritionist Ellie Krieger takes a less-than-healthy favorite and gives it a veggie-full makeover.

IT STARTED WITH SOME BROCCOLI. My daughter eats only the florets, so as usual, I went to cut them off to steam for her, throwing away the stalks in the process. But this time I stopped myself. I had read some shocking news recently that made me think twice: Americans waste a whopping 25 percent of available food. That's the equivalent of one pound per person every day, a number that accounts for not only broccoli stalks tossed at home but also unsold rotisserie chickens dumped at the market and half-eaten trays of lasagne discarded after a catered affair. With the cost of food making a bigger dent in everyone's pocketbook, wasting less at home seems like a no-brainer. Plus, it turns out that wasting less has been identified as the number one way to reduce your carbon "food" print. So I rescued the broccoli stalks—a drop in the stockpot for saving the planet, but a drop nonetheless. Surely I could find some way to use them.

### Treasure hunting

Little did I know that the nearly rejected broccoli would lead me on a fantastic culinary journey. While pondering its possibilities, I found myself thinking about the odds and ends in my fridge that were in danger of being tossed—the last of a bag of baby carrots, most of a red bell pepper. I could make a fabulous omelet or frittata, or perhaps some kind of chopped salad. With a different mindset, I saw all of these discardable bits as treasures waiting to be turned into something satisfying and scrumptious. But what? The light bulb came in the form of leftover rice from Chinese takeout. Fried rice! Just those words get my mouth watering. And what better way to use all those little leftovers? It's the very reason fried rice was invented.

The trouble with fried rice is that it's usually pretty greasy and salty, with more Continued on page 34



#### THE RECIPE

## five-treasure fried rice

This recipe is easily adaptable, so feel free to substitute other vegetables you might have in the fridge—asparagus, zucchini, peas, mushrooms, bok choy, bean sprouts, and jícama are all possibilities.

#### Serves 4

- 2 Tbs. canola oil
- 1 cup peeled, finely diced broccoli stems (from about 1¼ lb. broccoli)
- 3/4 cup finely diced carrots
- 3/4 cup finely diced red bell pepper

- 34 cup frozen shelled edamame
- 34 cup corn kernels, fresh or frozen
- 4 scallions (both white and green parts), thinly sliced
- 2 Tbs. finely grated fresh ginger
- 2 large cloves garlic, minced
- 4 cups very cold cooked brown rice
- 34 cup finely diced Canadian bacon (4 oz.)
- 2 large eggs, lightly beaten
- 1/4 cup lower-sodium soy sauce

Heat all but 1 tsp. of the oil in a large nonstick skillet or stir-fry pan over medium-high heat. Add the broccoli stems, carrots, and bell pepper and cook, stirring frequently, until the vegetables begin to soften, 3 to 5 minutes. Add the edamame and corn and cook until the edamame is thawed, about 1 minute. Add the scallion, ginger, and garlic and cook, stirring, until the raw garlic aroma subsides, about 1 minute. Add the rice and Canadian bacon and cook, stirring, until heated through, 3 to 5 minutes.

Make a 3-inch well in the center of the rice mixture. Add the remaining 1 tsp. oil, then the eggs, and cook, stirring, until the eggs are almost fully scrambled. Stir the eggs into the rice mixture. Stir in the soy sauce and serve.





**From left to right:** To give fried rice a healthy spin, Ellie uses lots of vegetables (including broccoli stems, carrots, and corn). She sprinkles in fresh aromatics like scallions, ginger, and garlic as flavor boosters and cooks the rice mixture with just a little canola oil to keep things light. Best of all, her fried rice comes together in less than 15 minutes, pan to bowl.

## good to know

- Brown rice is a better bet than white.
- More vegetables means a healthier dinner.
- There's big flavor in a small amount of meat.







cons than pros nutritionally. Not something you would consider healthful. But a few tweaks to the standard dish and you can keep all the crave-able deliciousness without the downsides.

### Healthy upgrades

First, upgrade the rice from white to brown. I love brown rice's nutty taste and slight chewiness. And you just can't argue with its whole-grain antioxidant power and fiber. My favorite route to brown rice is to order it with Chinese food, but you can certainly cook some up yourself. Either way, bear in mind that the cooked rice has to be well chilled so the starch hardens and makes it fry-able. Use fresh rice and you wind up with a gummy mess.

Next, load the fried rice up with vegetables (and even fruit like pineapple or mandarin oranges) to get a big satisfying portion full of color and texture and nutrients.

To make it a complete meal in a bowl, add lean protein—Canadian bacon (which gives classic smoky pork flavor with very little fat), chicken, shrimp, ham, and tofu all work



wonderfully. And instead of relying on salt for flavor, amp up with healthful seasonings like fresh ginger, scallions, garlic, sesame oil, and chile peppers. Go easy on the salt by using lower-sodium soy sauce. Cook it all in

just a little canola oil, which is ideal for Asian-style cooking because it's neutral in flavor and takes the heat well. It's also rich in heart-healthy monounsaturated and omega-3 fat.

My broccoli-stalk-inspired treasure hunt ultimately led me to a collection of five freezer and fridge finds for my fried rice. Besides the broccoli, carrots, and red bell pepper, a peek in the freezer revealed half-full bags of corn and edamame. Perfect. The ideal ingredients for a satisfying, one-bowl meal studded with tasty goodies. I named it Five-Treasure Fried Rice.

It's amazing how simply thinking about food differently can do so much. With a fresh look, you can use the last of your week's produce to help you save money and eat greener and more healthfully. Not to mention

the fact that you get to indulge in fried rice.

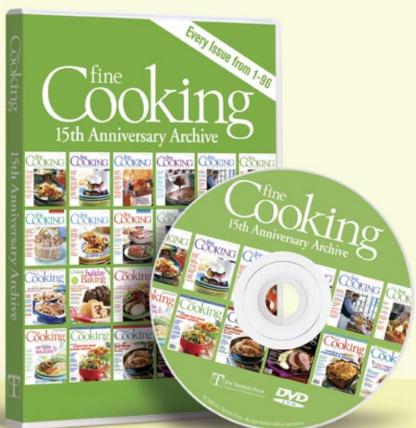
Registered dietician Ellie Krieger is  $\alpha$  Fine Cooking contributing editor.





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## Nonstick Skillets

Time to buy a new one? Here are our top choices for this kitchen essential. BY MARYELLEN DRISCOLL

NONSTICK PANS USED TO BE considered disposable: toss when chipped. But that throw-it-away mentality has given way to a smarter, more eco-conscious way of thinking, and manufacturers are beginning to reformulate the way they make their nonsticks. The pans may cost a little more, but they're meant to last longer.

That's why, although you can get a large nonstick skillet for under \$30, we chose to test pans priced between \$50 and \$80. In this range, we found four skillets that not only lived up to their nonstick claims but also delivered stellar performances. They're keepers.

### Play it safe

Nonstick tops cookware sales, yet there remain concerns over its safety. Although nonstick coatings begin to break down and release potentially toxic fumes when heated above 500°F, experts confirm that cooking with nonstick is safe, provided it's used properly. To be safe:

- Don't heat a nonstick when it's empty.
- Don't use heat higher than medium high.
- Replace pans that begin to flake.

Also of concern is the toxic effect of nonstick's manufacturing process on the environment. Some manufacturers, including Cuisinart and Scanpan, have introduced pans made from PFOA-free technologies. (Perfluorooctanoic acid, or PFOA, is a man-made chemical identified by the Environmental Protection Agency as a likely carcinogen.) PFOA isn't used to make nonstick cookware but to make materials which are then used to create most nonstick surfaces. Even though there's no indication that people are exposed to PFOA through the use of nonstick, more companies are expected to follow suit in introducing PFOA-free cookware.

### TOP CHOICE Cuisinart Green Gourmet nonstick skillet

\$70, homeandbeyond.com Weight: 3 lb. 8 oz.

While this 12-inch pan was one of two "ecofriendly" pans in our review (along with the Scanpan), it was the performance and construction that made it our favorite. There was no sticking, and the aluminum core conducted heat in a controlled and even manner. Well balanced, the pan is classically shaped with gently sloping sides and a rolled edge for easy pouring. The riveted stay-cool handle is comfortable, and the opposing helper handle is a bonus. The exterior comes in hard anodized or stainless steel

MOST COMFORTABLE

## Scanpan Professional fry pan

\$80, metrokitchen.com Weight: 2 lb. 9 oz.

This 11-inch pan was a standout for its easy maneuverability. Substantial but lighter than most, it's well balanced, with a handle that's rounded and tapered in just the right places. The sloping sides are short, which made food feel readily accessible. The pressure-cast-aluminum disk base conducted heat evenly, and the ceramic titanium nonstick surface meant no sticking of fish fillets or fried eggs cooked without oil.

# LARGEST COOKING SURFACE Swiss Diamond fry pan \$84, parkers-pantry.com

Weight: 2 lb. 9 oz.

We can't vouch for whether fusing nonstick compounds with diamond crystals is what makes the difference for this pan, but we can testify that sticking wasn't an issue. The straight sides of this 11-inch pan give it a roomy 9½-inch flat cooking surface. Eggs fried with no oil flipped with ease and slid out of the pan. The pressure-cast-aluminum disk base conducted heat evenly and browned foods beautifully. The small helper handle is a nice aid in lifting.

#### DEEPEST

# Anolon Advanced French nonstick skillet

\$70, cutleryandmore.com Weight: 4 lb.

This 12-inch pan's hard-anodized aluminum construction delivered the kind of heat conduction you'd expect from a high-quality, traditionally surfaced fry pan. It browned pork chops as well as a traditional pan did, and the nonstick properties were flawless. This is a substantial pan, with 3-inch-high sides, which make it feel more suited to containing a simmering sauce than slipping out an omelet. The one downside: This pan is oven-safe to no more than 400°F; the others are safe up to 500°F.

# how we tested

We put 10 widely available 11- to 12-inch nonstick skillets through the following

- Cooked multiple batches of pancakes to see how evenly each pan cooked
- Sautéed boneless pork chops to test how well each pan could brown.
- Cooked fish fillets and eggs without any fat to test release.

# what to look for

All four of these pans heated evenly and were beautifully nonstick. Which you choose comes down to the following features:

Shape If you plan to cook mainly eggs or fish, a pan with low sides like Scanpan's or Swiss Diamond's lets you easily slide out delicate foods. For a wider variety of cooking tasks, such as stirfries or sauces, the deeper Cuisinart or Anolon might be better.

**Grip** The pan should feel comfortable and secure.

Balance While lifting it or swirling oil, the pan should not strain your wrist or

Oven safe If high-heat oven use is in your future, make sure your pan's handle can take the heat.

**Storage** Most nonsticks get scratched when stacked with other pans. Look for a handle with a hole or loop so you can

Maryellen Driscoll is a Fine Cooking contributing editor.



# Shaken or Stirred?

A New York City mixologist gives us the lowdown on the proper way to prepare classic cocktails. BY JIM MEEHAN

BEFORE WE CONSIDER THE question of whether to shake or stir, let's pause to consider a certain fictional spy's influence on the answer. Here's James Bond ordering a martini in Ian Fleming's Casino Royale (1953):

"A dry martini," he said. "One. In a deep Champagne goblet."

"Oui, monsieur."

"Just a moment. Three measures of Gordon's, one of vodka, half a measure of Kina Lillet. Shake it very well until it's ice-cold, then add a large, thin slice of lemon peel. Got it?"

Ordering a custom-made martini—shaken, not stirred-would have turned heads in the 1950s, when martinis were customarily stirred to preserve the drink's clarity. That, presumably, is why Bond did it. But before we blame the man for altering the course of 20th-century cocktails, it's important to understand that drink preparation, and the methodologies behind it, have varied over time. After ice became widely available in the latter half of the 19th century, cold drinks of all types were mixed and chilled according to the wisdom—and trends—of the day. Some bartenders shook; some stirred.

# The big chill

Bond seemed more concerned about the temperature of his cocktail than its appearance; hence his unusual request. Let's just say he was smarter about outsmarting the bad guy than he was about ordering a drink. You don't have to shake a martini to get it good and cold. In fact, the temperature of a cocktail is determined by everything the liquid comes in contact with, from the moment it leaves the bottle until it's served. A cocktail served in a chilled glass and made with well-chilled equipment results in an ice-cold drink, whether it's shaken or stirred.

# Shake it up

Cocktails containing citrus, cream, or eggs should be shaken. Sure, shaking liquids with ice chills them, but shaking also mixes the ingredients thoroughly and incorporates air for a frothy texture and opaque appearance. There is one key point to remember: As soon as you add ice to your shaker the clock starts ticking, so it's best to have a chilled serving glass with fresh ice and any garnishes ready before you shake the drink.

My method for shaking is simple. After combining the ingredients in a chilled cocktail shaker, add ice and the top of the shaker. If shaken for too long, the ice will overdilute the drink, so shake hard for 7 to 10 seconds; then immediately strain the cocktail into a chilled glass over fresh ice. A great shaken drink is the Whiskey Smash, a spicy-sweet mix of rye whiskey, simple syrup, lemon, and mint (recipe at right). The crushed lemon and mint give the drink a cloudy look, but the flavors are smooth and true.

#### Create a stir

I'd never stirred my drinks properly until Audrey Saunders taught me how to prepare a martini at her New York City cocktail bar, Pegu Club. She showed me that stirring properly, with the right equipment, yields a cold, beguilingly clear martini—among other drinks-and I've never looked back. The best cocktails for stirring are those composed entirely of spirits (no juices or other ingredients added to the mix). Stirring helps achieve even dilution and a crystal-clear presentation.

Again, the method is straightforward. Pour the ingredients into a chilled mixing glass or shaker and add ice. Hold the glass at the base with your index finger and thumb. Insert a long-handled spoon into the glass, grip the spoon like a pencil, and stir quickly for about 10 seconds. Stir in a fluid motion that won't agitate the liquid or create air bubbles. Then strain the drink into a chilled glass (over fresh ice, if appropriate) and serve.

The Martinez is one of my favorite stirred cocktails (recipe, opposite). A predecessor of the dry martini, it combines gin and sweet vermouth with maraschino liqueur and bitters. One of the first mentions of The Martinez appeared in the 1887 edition of *Jerry Thomas*' Bar-Tenders Guide. Thomas called for it to be shaken in accordance with the trend of his time. I don't know how Bond would feel about it, but I'm glad we know better now.



# whiskey smash, shaken

This Whiskey Smash update was created by Dale DeGroff at the Rainbow Room in the early 1990s. Today, he makes his Smash with Curação instead of simple syrup, but I like the drink more true to form.

#### Serves 1

- 6-8 fresh mint leaves; plus 1 sprig for garnish
- 1/2 small lemon, quartered and seeded
- 34 fl. oz. (41/2 tsp.) simple syrup
- 2 fl. oz. (1/4 cup) rye whiskey

Put the mint leaves, lemon, and syrup in a chilled cocktail shaker. Gently crush with a muddler or the end of a wooden spoon until the lemon wedges have released their juice. Add the whiskey and fill the shaker with ice. Put the lid on the shaker and make sure you have a tight seal. Shake as hard as you can for 7 to 10 seconds and then strain into a small chilled rocks glass filled with fresh ice. Garnish with the mint sprig and serve.

Note: To make simple syrup, heat equal parts sugar and water until the sugar dissolves. Refrigerated, simple syrup keeps indefinitely.









# blood orange and radicchio salad with hazelnuts and shaved parmigiano

#### Serves 6

- 5 medium blood oranges
- 14 cup extra-virgin olive oil
- Tbs. white wine vinegar
   Kosher salt and freshly ground
   black pepper
- medium (12-oz.) head radicchio, washed, cored, and cut into
   1- to 2-inch pieces (about 5 loosely packed cups)
- medium (6-oz.) head butter lettuce, washed, cored, and cut into
   to 2-inch pieces (about 4 loosely packed cups)
- 34 cup blanched hazelnuts, toasted and coarsely chopped
- 1½ oz. chunk Parmigiano-Reggiano or aged goat cheese

Finely grate 1 tsp. of zest and then squeeze 2 Tbs. juice from one of the oranges. In a medium bowl, whisk the zest and juice with the olive oil, vinegar, 1/2 tsp. salt, and a few grinds of black pepper. Using a sharp knife, trim off the peel and white pith from the remaining 4 oranges and cut crosswise into ¼-inch slices; remove any seeds. (See Test Kitchen, page 83, for more information.) In a large bowl, toss the radicchio and butter lettuce with the hazelnuts and just enough dressing to lightly coat (about ¼ cup). Season to taste with salt and pepper. Divide the salad among 6 serving plates and top each with 3 or 4 blood orange slices. With a vegetable peeler, shave a few shards of cheese over the top.



For more orange-centric recipes, go to **FineCooking.com/extras.** 

# sear-roasted halibut with blood orange salsa

#### Serves 4

#### FOR THE SALSA

- 34 cup fresh navel or Valencia orange juice (from 2 medium oranges)
- 3 small blood oranges, cut into segments (see Test Kitchen, p. 83), segments cut in half
- 2 Tbs. minced red onion
- 1 Tbs. chopped fresh cilantro
- 1 Tbs. extra-virgin olive oil
- Tbs. finely grated navel or Valencia orange zest (from 2 medium oranges)
   Kosher salt and freshly ground black pepper

#### FOR THE HALIBUT

- 1 tsp. finely grated navel or Valencia orange zest (from 1 small orange)
- 1 tsp. chopped fresh thyme Kosher salt and freshly ground black pepper
- 4 6-oz. skinless halibut fillets
- 3 Tbs. olive oil

**Position a rack** in the center of the oven and heat the oven to 425°F.

#### **MAKE THE SALSA**

In a small saucepan, boil the orange juice over medium heat until reduced to ¼ cup, 8 to 10 minutes. Let cool.

**In a medium bowl,** combine the reduced orange juice, blood orange segments, onion, cilantro, olive oil, and orange zest. Season to taste with salt and pepper.

#### **COOK THE HALIBUT**

In a small bowl, mix the orange zest, thyme, 1½ tsp. salt, and ½ tsp. pepper. Rub the mixture all over the halibut fillets. Heat the oil in a 12-inch ovenproof skillet over medium-high heat. When the oil is shimmering hot, arrange the fillets in the pan. Sear for about 2 minutes without moving; then use a thin slotted metal spatula to lift a piece of fish and check the color. When the fillets are nicely browned, flip them and put the pan in the oven.

**Roast until the halibut** is just cooked through, 3 to 5 minutes. Remove the pan from the oven and transfer the halibut to serving plates. Spoon some of the salsa over each fillet.





# pan-roasted chicken breasts with orange-brandy sauce

A quick soak in an orange juice brine infuses the chicken with lots of flavor. You'll need a total of about 9 medium oranges for this recipe.

#### Serves 6

#### FOR THE CHICKEN

- 2 cups fresh navel or Valencia orange juice
- 2 Tbs. finely grated orange zest Kosher salt
- 6 6- to 7-oz. boneless, skin-on chicken breast halves (see Test Kitchen, p. 83)
- 2 Tbs. extra-virgin olive oil Freshly ground black pepper

#### FOR THE SAUCE

- 3 Tbs. unsalted butter
- medium shallot, minced
- 2 Tbs. brandy
- 1 cup fresh navel or Valencia orange iuice
- 1/2 cup lower-salt chicken broth
- 1 navel or Valencia orange, cut into segments (see Test Kitchen, p. 83), segments cut into thirds
- 1 Tbs. chopped fresh flat-leaf
  - Kosher salt and freshly ground black pepper

#### **BRINE THE CHICKEN**

Combine the orange juice, zest, 6 Tbs. salt, and 4 cups water in a large bowl or pot; stir to dissolve the salt. Add the chicken breasts and refrigerate for 2 to 3 hours.

#### **COOK THE CHICKEN**

Position a rack in the center of the oven and heat the oven to 400°F. Remove the chicken from the brine and pat it dry with paper towels. Heat the olive oil in a 12-inch ovenproof skillet over medium-high heat until shimmering hot. Add the chicken skin side down in a snug

single layer and cook until the skin is golden brown, 3 to 5 minutes. Turn the chicken, season with 1/4 tsp. salt and a few grinds of pepper, and put the pan in the oven. Roast the chicken until an instant-read thermometer registers 165°F in the center of the thickest breast, about 15 minutes. Remove from the oven, transfer the chicken to a carving board, tent with foil, and let rest while you make the sauce.

#### MAKE THE SAUCE

Pour the juices from the skillet into a heatproof measuring cup. Let the fat rise to the surface and then spoon it off.

Melt 2 Tbs. of the butter in the skillet over medium-high heat. Add the shallot and cook, stirring, until soft, 1 to 2 minutes. Off the heat, add the brandy. Return the pan to the heat and cook, scraping the bottom of the pan, until the brandy has almost evaporated, about 30 seconds. Increase the heat to high and add the orange juice. Boil until thick and syrupy and reduced to about 1/3 cup, about 5 minutes. Add the chicken broth, pan juices, and any juices from the carving board. Boil until reduced to about 34 cup, about 3 minutes.

Swirl in the orange segments. Then, off the heat, swirl in the remaining 1 Tbs. butter and the parsley until the butter is melted. Season to taste with salt and a few grinds of pepper.

To serve, cut the chicken on the diagonal into thin slices and arrange on 6 serving plates. Drizzle with the sauce.





# a buyer's guide

Here's a brief guide to the most common orange varieties-Valencia, navel, and blood oranges. With a few exceptions (see below), most subvarieties of these oranges aren't labeled at the market. That's because the differences have little to do with flavor and more to do with when the fruit matures during the year-only a grower would know one from the other.

#### Valencia

Valencia oranges—originally from Spain-are thin-skinned and almost seedless. They're your best bet when you need lots of juice. But Valencia oranges are also a great choice for any recipe that calls for sweet oranges.

#### **Navel**

Originally from Brazil, navel oranges get their name from a second, smaller orange that develops at the base. (This undeveloped twin looks a little like a belly button.) Seedless, with thick skins, navels are the best eating oranges around. Though a little less juicy than Valencias, they're virtually interchangeable when it comes to cooking. At the store, most navels are labeled simply "navel," but you might see some called Cara Cara; these have dark-pink flesh, an orange exterior, and a sweet, mildly acidic flavor.

#### **Blood oranges**

Blood oranges have a much sweeter flavor and less acidity than navels or Valencias, with overtones of raspberries or strawberries. Their thin skins may be blushed with red, and the flesh is a distinctive bloodred. If you want sweetness, blood oranges are the way to go, especially if paired with slightly bitter ingredients, as in the radicchio salad on page 42. At the market, you might find varieties like Moro or Tarocco. Moros have dark-purple flesh and a deep-reddish rind. Taroccos (sometimes called half-blood oranges because they aren't as red as the Moro) have a blushed rind.

# Shop and Store

#### **Buying info**

To ensure that they'll be juicy, look for oranges that are firm and heavy for their size. Choose oranges with no blemishes or soft areas and avoid ones that look dry.

#### **Storing info**

Keep oranges in a cool place, and use them within a week or two. Good to know: Oranges don't continue to ripen once picked.



# Perfect Pairs

Even just a strip of orange zest adds amazing flavor to steamed rice, custard, hot chocolate, a cup of tea, crème anglaise, or a pot of tomato soup. And oranges match up well with a range of ingredients that might surprise you; experiment with any of the following.

**Asparagus** Basil Cardamom **Chives** Chocolate Cilantro Cinnamon **Cloves** Coriander

**Endive** 

Ginger Grapefruit Lemon Lettuces Lime Mint **Oregano** Saffron Sugar snap peas **Tomatoes** 

1 tsp. finely grated orange zest

#### FOR THE FILLING

- 3 Tbs. unsalted butter
- 2 cups whole milk
- 3 Tbs. cornstarch
- 2 large eggs
- 1/2 cup granulated sugar Pinch of kosher or table salt
- 14 tsp. pure vanilla extract

#### FOR THE TOPPING

- 3 large navel or blood oranges, or a combination
- 1/2 cup orange marmalade
- 1 Tbs. orange liqueur, such as Cointreau

#### MAKE THE TART SHELL

In a food processor, pulse the flour, sugar, and salt a few times to combine. Add the butter and orange zest and pulse until the mixture resembles cornmeal, six to eight 1-second pulses. A teaspoon at a time, pulse in up to 1 Tbs. water until the dough just holds together in clumps. Press the dough together, shape into a 6-inch

disk, and wrap in plastic. Refrigerate for 30 minutes

Press the dough evenly into the bottom and sides of a 91/2-inch fluted tart pan with a removable bottom-the dough sides should be 1/4 to 3/6 inch thick. To smooth the bottom, cover with plastic wrap and press with a flat-bottom measuring cup or glass. Freeze the covered shell for 30 minutes. Meanwhile, position a rack in the center of the oven and heat the oven to 400°F. Remove the plastic, line the dough with parchment and fill with dry beans or pie weights. Bake the tart shell until the top edges are light golden, about 15 minutes. Carefully remove the parchment and beans, reduce the heat to 375°F, and continue to bake until the shell is golden all over, about 15 minutes. Cool on a rack.

#### **MAKE THE FILLING**

In a small saucepan, heat the butter over medium-high heat until it melts and the milk solids turn brown, swirling the pan occasionally for even browning, about 3 minutes. Immediately pour into a small heatproof bowl to stop the cooking. In a medium bowl, whisk 1/4 cup of the milk with the cornstarch. Whisk in the eggs. In a medium saucepan, bring the remaining 134 cups milk, the sugar, and salt to a boil over medium heat. Take the pan off the heat, whisk about ¼ cup of the hot milk into the egg mixture, and then whisk the egg mixture into the hot milk. Return to medium heat and continue whisking until the filling boils and becomes very thick, 30 seconds to 1 minute. Off the heat, whisk in the brown butter and vanilla. Spread the filling evenly in the tart shell and set aside at room temperature while you prepare the topping.

#### **MAKE THE TOPPING**

Using a sharp knife, trim off the peel and pith from the oranges. (See Test Kitchen, page 83, for more.) Halve the oranges lengthwise and then slice them thinly crosswise and remove any seeds. Arrange the orange slices on the top of the tart in concentric, slightly overlapping circles. Stir the marmalade in a small saucepan over medium heat until melted, 30 to 60 seconds. Strain and then stir in the Cointreau. Brush enough of the mixture on the oranges to give them a shine (you may not need it all). Refrigerate for 1 hour before serving so the filling can set up.





PULLED-PORK SANDWICHES



PORK RAGOUT WITH SOFT POLENTA



PORK AND POTATO HASH WITH POACHED EGGS

# Roast

Eat delicious slow-roasted pork on Sunday and then turn it into inspired dinners during the week.

BY TASHA DESERIO

A SUCCULENT ROAST WITH meltingly tender vegetables, slow-cooked for hours in the oven—it's a dish I affectionately call "housewife pork." That's because it reminds me of the roasts my mother used to make when I was young. She would season the roast the night before, pop it in the oven in the morning, and let it cook slowly all day long. In the afternoon, she'd add some vegetables and continue to cook the roast until dinnertime. The result: meat with an amazing fall-off-the-bone texture.

Now that I'm a mom, I've learned to appreciate this simple slow-cooking technique, and I still love the delicious results. Occasionally, I tinker with the basic recipe—adding crushed fennel seed and hot pepper flakes to the seasoning, or a few dried chipotles to the vegetables—but the premise remains the same. I also appreciate this recipe for its promise of leftovers. The shredded pork easily becomes another delicious meal or two later in the week—a kind of dinner "insurance" for the modern mom.



# slow-roasted pork shoulder with carrots, onions, and garlic

Start this recipe at least a day ahead. Serve the pork and vegetables with mashed potatoes or with beans (like cranberry or cannellini) seasoned with pounded garlic, extra-virgin olive oil, and sage.

#### Serves 4 with leftovers (or 8 without)

Kosher salt and freshly ground black pepper

- 1 6%- to 7-lb. boneless pork shoulder roast
- 1 large yellow onion, cut into ½-inch-thick rings
- medium carrots, cut into sticks 1/2 inch wide and 2 to 2½ inches long
- 10 cloves garlic, peeled
- 1 cup dry white wine

Combine 2 Tbs. salt and 2 tsp. pepper in a small bowl and rub the mixture all over the pork. Put the pork, fat side up, in a large roasting pan (about 12x16x3 inches). Cover and refrigerate overnight or for up to 3 days. Remove the pork from the refrigerator and let sit at room temperature for 1 to 1½ hours before cooking. **Position a rack** in the center of the oven and heat the oven to 300°F. Uncover the pork and roast until tender everywhere but the very center when pierced with a fork, 4 to 41/2 hours. Add the onion, carrots,

garlic, wine, and 1 cup water to the roasting pan and continue to roast, stirring the vegetables occasionally, until the pork is completely tender, about 1 hour more. **Remove the roast** from the oven and raise the oven temperature to 375°F. Using tongs, separate the pork into 8 to 10 large, rustic chunks and spread out on the pan. If most of the liquid has evaporated, add a splash more water to the pan to create a little more juice. (It shouldn't be soupy.) Return the pork to the oven and continue to roast until nicely browned on the newly exposed surfaces, about 15 minutes. Remove the pan from the oven, transfer the meat and vegetables to a serving platter, and tent loosely with foil. Let rest for 20 minutes. Skim the excess fat from the juices and serve the juices with the vegetables and meat.

#### Shredding the evidence

After dinner, pull (or hand-shred) the leftover pork. To do this, cut the chunks of pork across the grain into about 1-inch widths and pull the pork apart into pieces. Save any leftover juices separately. Wellwrapped leftovers will keep in the refrigerator for 3 to 4 days, or in the freezer for up to 2 months.

# pulled-pork sandwiches with cabbage, caper, and herb slaw

For these sandwiches, the bread should be very lightly toasted so that it's soft and warm but not dry. Be sure to use every last bit of the juices and drizzle every last drop of vinegar onto the sandwich. Both steps improve the flavor and moisten the bread, which is key.

#### Serves 4

- 1½ Tbs. capers, preferably salt-packed
- 2 cups very thinly sliced green cabbage
- 1/4 small red onion, very thinly sliced
- 1/4 cup chopped fresh flat-leaf parsley
- 3 Tbs. thinly sliced fresh chives
- 11/2 tsp. finely chopped fresh oregano
- 1–2 tsp. finely chopped preserved red chiles, such as cherry peppers or Calabrian peppers, or substitute Asian chile sauce (optional)
  - 2 Tbs. red wine vinegar Kosher salt
- 3½ cups leftover shredded Slow-Roasted Pork Shoulder (recipe opposite)
- 1 baguette
- 3 Tbs. extra-virgin olive oil; more to taste

**Position a rack** in the center of the oven and heat the oven to 350°F.

Rinse the capers well. If using salt-packed capers, soak them in warm water for at least 5 minutes. (They should taste capery rather than salty; if not, continue soaking for a little longer.) Drain the capers and, unless they're very small, coarsely chop them.

Combine the capers, cabbage, red onion, parsley, chives, oregano, and chiles (if using). Add the vinegar and ¼ tsp. salt, toss well, and let sit at room temperature for at least 30 minutes. Toss again and season to taste with more salt or chile.

**Meanwhile, put the pork** in a small baking dish. (If you have any juices left, scrape them

into the dish, skimming and discarding as much of the congealed fat as possible.) Cover with foil and bake the pork until warmed through, 10 to 15 minutes. Remove the pork from the oven, position a rack 6 inches from the broiler, and heat the broiler to high.

**Cut the baguette** crosswise into 4 equal portions (each 5 to 6 inches long) and then slice each piece horizontally so that it opens like a book. Just before serving, put the baguette pieces on a baking sheet, opening each as much as possible, and toast very lightly under the broiler, 2 to 3 minutes. Divide the pork into 4 equal portions and mound on the bottom half of each piece of baguette. Drizzle any pan juices over the pork and then pile on the cabbage slaw. Drizzle the olive oil over the slaw. If any vinegar has collected on the bottom of the slaw bowl, distribute it among the sandwiches, and serve.





# pork ragout with soft polenta

This recipe is comfort on a plate; it's reason enough to make the slow-roasted pork in the first place.

- 2 cups whole milk; more as needed
- 1 cup yellow stone-ground
- 1/4 cup freshly grated Parmigiano-Reggiano; more for sprinkling
- 1½ Tbs. unsalted butter
- 2 Tbs. extra-virgin olive oil
- 2 medium carrots, cut into small dice
- 2 medium ribs celery, cut into small dice

- 1 medium yellow onion, cut into small dice Pinch of crushed red pepper
- 3 canned tomatoes, drained and cut into medium dice
- 3 cloves garlic, finely chopped
- cups leftover shredded Slow-Roasted Pork Shoulder (recipe, p. 50)
- 3 cups lower-salt chicken broth Freshly ground black pepper
- 2 Tbs. chopped fresh flat-leaf

Combine the milk with 2 cups water in a medium heavy-duty saucepan and bring to a boil over medium-high heat (watch carefully to prevent a boilover). Add 11/2 tsp. salt and whisk in the cornmeal in a fine stream. Continue to whisk until the polenta begins to thicken, 1 to 3 minutes. Reduce the heat so that the polenta slowly bubbles and cook, uncovered, stirring frequently, until tender and no longer gritty, 20 to 40 minutes, depending on the cornmeal. If the polenta becomes too thick in the process, add milk, a little at a time, to maintain a soft consistency. When the polenta is done, stir in the Parmigiano and ½ Tbs. of the butter and season to taste with salt. Keep warm until serving. (The polenta will thicken as it sits. If necessary, add a splash of milk to thin it just before serving.)

Heat the oil in a 10-inch straight-sided sauté pan over medium heat. Add the carrots, celery, onion, pepper flakes, and a generous pinch of salt and cook, stirring often, until tender and starting to brown, 8 to 10 minutes. Add the tomatoes and garlic and cook, stirring, for another minute. Add the pork and chicken broth. Bring to a boil and then lower the heat to maintain a simmer. Cook until the broth has reduced by half, about 10 minutes. Stir in the remaining 1 Tbs. butter. Season to taste with salt and pepper.

Spoon the polenta into shallow bowls and then spoon the ragout on the top and to one side, with the broth pooling around the polenta. (Make sure each portion gets a fair share of broth.) Sprinkle each portion with parsley and Parmigiano and serve immediately.

# pork and potato hash with poached eggs and avocado

For a finishing touch, sprinkle this hash with cilantro and piment d'Espelette (see Test Kitchen, page 83, for more about this ingredient).

#### Serves 4

- 11/2 lb. russet potatoes, peeled and cut into small dice (about 3% cups)
  - Kosher salt
- 2 Tbs. extra-virgin olive oil; more as needed
- 1 medium yellow onion, cut into small dice (about 11/4 cups)
- 21/4 cups leftover finely shredded Slow-Roasted Pork Shoulder (recipe, p. 50)
- 2 medium cloves garlic, finely chopped
- ½ tsp. white wine vinegar or lemon juice
- 1 large ripe avocado, sliced
- 1/4 cup coarsely chopped fresh cilantro Piment d'Espelette or other medium-hot red chile flakes, to taste (optional)

Put the potatoes in a medium saucepan, add water to cover by about 34 inch, and add 1 Tbs. salt. Bring to a boil over high heat, reduce the heat to maintain a simmer, and cook until the potatoes are tender but not falling apart, about 5 minutes. Drain the potatoes, transfer to a plate, and set aside. Heat the oil in a 10-inch straight-sided sauté pan over medium-high heat. Add the onion and ½ tsp. salt and cook, stirring occasionally until soft, 5 to 7 minutes. Add the pork and continue to cook until the pork is warm, about 3 minutes. Add the garlic and cook, stirring, until the raw garlic aroma subsides, about 1 minute. Add the potatoes, toss gently to combine, and continue to cook, stirring, until heated through, 1 to 3 minutes more. Season to taste with salt. If the hash is a little dry, add a drizzle of olive oil. Keep warm.

Fill a medium saucepan with 3 inches of water. Add the vinegar and a pinch of salt, and bring the water to a simmer. Crack the eggs one at a time into a small bowl or teacup and then gently slide each egg into the water. Poach the eggs, gently turning once or twice until the whites are completely opaque but the yolks are still soft, 3 to 4 minutes. Using a slotted spoon, remove the eggs from the water and gently blot dry with a towel.

Evenly distribute the hash among 4 plates. Prop a poached egg and a few slices of avocado next to each portion. Sprinkle the egg and avocado with salt. Sprinkle the cilantro and piment d'Espelette (if using) over the hash, and serve immediately.

Tasha DeSerio is co-proprietor of Olive Green Catering in Berkeley, California.











### classic croissants

#### Yields 15

#### FOR THE DOUGH

- 1 lb. 2 oz. (4 cups) unbleached all-purpose flour; more for rolling (see Flour Know-How, p. 58)
- 5 oz. (1/2 cup plus 2 Tbs.) cold water
- 5 oz. (1/2 cup plus 2 Tbs.) cold whole milk
- 2 oz. (1/4 cup plus 2 Tbs.) granulated sugar
- 1½ oz. (3 Tbs.) soft unsalted butter
- 1 Tbs. plus scant ½ tsp. instant yeast
- 21/4 tsp. table salt

#### FOR THE BUTTER LAYER

10 oz. (11/4 cups) cold unsalted butter

#### FOR THE EGG WASH

1 large egg

#### MAKE THE DOUGH

Combine all of the dough ingredients in the bowl of a stand mixer fitted with the dough hook. Mix on low speed for 3 minutes, scraping the sides of the mixing bowl once if necessary. Mix on medium speed for 3 minutes. Transfer the dough to a lightly floured 10-inch pie pan or a dinner plate. Lightly flour the top of the dough and wrap well with plastic so it doesn't dry out. Refrigerate overnight.

#### MAKE THE BUTTER LAYER

The next day, cut the cold butter lengthwise into ½-inch-thick slabs. Arrange the pieces on a piece of parchment or waxed paper to form a 5- to 6-inch square, cutting the butter crosswise as necessary to fit. Top with another piece of parchment or waxed paper. With a rolling pin, pound the butter with light, even strokes 1. As the pieces begin to adhere, use more force. Pound the butter until it's about 7½ inches square and then trim the edges of the butter. Put the trimmings on top of the square and pound them in lightly with the rolling pin. Refrigerate while you roll out the dough.

#### **LAMINATE THE DOUGH**

(For a definition of laminating, see page 85.) Unwrap and lay the dough on a lightly floured work surface. Roll into a 10½-inch square.

Brush excess flour off the dough. Remove the butter from the refrigerator—it should be pliable but cold. If not, refrigerate a bit longer. Unwrap and place the butter on the dough so that the points of the butter square are centered along the sides of the dough. Fold one flap of dough over the butter toward you, stretching it slightly so that the point just reaches the center of the butter. Repeat with the other flaps 2. Then press the edges together to completely seal the butter inside the dough. (A complete seal ensures butter won't escape.)

**Lightly flour the top** and bottom of the dough. With the rolling pin, firmly press the dough to elongate it slightly and then begin rolling instead of pressing, focusing on lengthening rather than widening the dough and keeping the edges straight 3. Roll the dough until it's 8 by 24 inches. If the ends lose their square

# A Baker's Tool Kit



Kitchen scale (optional but highly recommended; weighing both liquid and dry ingredients will yield consistent results)









shape, gently reshape the corners with your hands. Brush any flour off the dough. Pick up one short end of the dough and fold it back over the dough, leaving one-third of the other end of dough exposed. Brush the flour off and then fold the exposed dough over the folded side 4. Put the dough on a baking sheet, cover with plastic wrap, and freeze for 20 minutes to relax and chill the dough.

**Repeat the rolling** and folding, this time rolling in the direction of the two open ends until the dough is about 8 by 24 inches. Fold the dough in thirds again, as shown in photo 4 above, brushing off excess flour and turning under any rounded edges or short ends with exposed or smeared layers. Cover and freeze for another 20 minutes.

**Give the dough** a third rolling and folding. Put the dough on the baking sheet and cover with

plastic wrap, tucking the plastic under all four sides. Refrigerate overnight.

#### DIVIDE THE DOUGH

The next day, unwrap and lightly flour the top and bottom of the dough. With the rolling pin, "wake the dough up" by pressing firmly along its length-you don't want to widen the dough but simply begin to lengthen it with these first strokes. Roll the dough into a long and narrow strip, 8 inches by about 44 inches. If the dough sticks as you roll, sprinkle with flour. Once the dough is about half to two-thirds of its final length, it may start to resist rolling and even shrink back. If this happens, fold the dough in thirds, cover, and refrigerate for about 10 minutes; then unfold the dough and finish rolling. Lift the dough an inch or so off the table at its midpoint and allow it to shrink from both sides-this helps prevent the dough from shrinking when it's cut. Check

that there's enough excess dough on either end to allow you to trim the ends so they're straight and the strip of dough is 40 inches long. Trim the dough 5.

**Lay a yardstick** or tape measure lengthwise along the top of the dough. With a knife, mark the top of the dough at 5-inch intervals along the length (there will be 7 marks in all).

Position the yardstick along the bottom of the dough. Make a mark 2½ inches in from the end of the dough. Make marks at 5-inch intervals from this point all along the bottom of the dough 6. You'll have 8 marks that fall halfway between the marks at the top.

Make diagonal cuts by positioning the yardstick at the top corner and the first bottom mark. With a knife or pizza wheel, cut the dough along this line. Move the yardstick to the next set of marks and cut. Repeat until you have cut the dough diagonally at the

Recipe continues on next page









same angle along its entire length—you'll have made 8 cuts. Now change the angle of the yardstick to connect the other top corner and bottom mark and cut the dough along this line to make triangles 2. Repeat along the entire length of dough. You'll end up with 15 triangles and a small scrap of dough at each end.

#### **SHAPE THE CROISSANTS**

Using a paring knife or a bench knife, make a 1/2- to 3/4-inch-long notch in the center of the short side of each triangle. The notch helps the rolled croissant curl into a crescent.

Hold a dough triangle so that the short notched side is on top and gently elongate to about 10 inches without squeezing or compressing the dough-this step results in more layers and loft 8. Lay the croissant on the work surface with the notched side closest to you. With one hand on each side of the notch, begin to roll the dough away from you, towards the pointed end 9. Flare your hands outward as you roll so that the "legs" become longer. Press down on the dough with enough force to make the layers stick together, but avoid excess compression, which could smear the layers. Roll the dough all the way

down its length until the pointed end of the triangle is directly underneath the croissant. Now bend the two legs towards you to form a tight crescent shape and gently press the tips of the legs together (they'll come apart while proofing but keep their crescent shape) 10. Shape the remaining croissants in the same manner, arranging them on two large parchment-lined rimmed baking sheets (8 on one pan and 7 on the other). Keep as much space as possible between them, as they will rise during the final proofing and again when baked.



# Flour Know-How

Protein content differs among types (and brands) of flour and is an important consideration in baking—the higher the protein, the stronger the gluten. Gluten translates into structural support, necessary to give croissants and other yeastraised breads their loft

and chew. But too much protein would lead to a

tough croissant. Most flours don't list protein content on the package. Cake flour, made from soft wheat, has the lowest amount of protein, 6 to 8 percent, depending on brand. Bread flour has the high-

est, at 12 to 14 percent. All-purpose flour falls in the middle, with a protein content of 10 to 12 percent. That makes it ideal for this recipe, with just enough protein to encourage maximum volume in the croissants. Use the highest-quality flour you can.









#### **PROOF THE CROISSANTS**

(For a definition of proofing, see page 85). Make the egg wash by whisking the egg with 1 tsp. water in a small bowl until very smooth. Lightly brush it on each croissant 11. Refrigerate the remaining egg wash (you'll need it again). Put the croissants in a draft-free spot at  $75^{\circ}$  to  $80^{\circ}$ F. Wherever you proof them, be sure the temperature is not so warm that the butter melts out of the dough. They will take 1½ to 2 hours to fully proof. You'll know they're ready if you can see the layers of dough when the croissants are viewed from the side, and

if you shake the sheets, the croissants will wiggle. Finally, the croissants will be distinctly larger (though not doubled) than they were when first shaped 2.

#### **BAKE THE CROISSANTS**

Shortly before the croissants are fully proofed, position racks in the top and lower thirds of the oven and heat it to 400°F convection, or 425°F conventional. Brush the croissants with egg wash a second time. Put the sheets in the oven. After 10 minutes, rotate the sheets and swap

their positions. Continue baking until the

bottoms are an even brown, the tops richly browned, and the edges show signs of coloring, another 8 to 10 minutes. If they appear to be darkening too quickly during baking, lower the oven temperature by 10°F. Let cool on baking sheets on racks.

#### **MAKE AHEAD**

The croissants are best served barely warm. However, they reheat very well, so any that are not eaten right away can be reheated within a day or two in a 350°F oven for about 10 minutes. They can also be wrapped in plastic or aluminum foil and frozen for a month or more. Frozen croissants can be thawed overnight prior to reheating or taken from the freezer directly to the oven, in which case they will need a few minutes more to reheat.



#### **Butter Matters**

• Quality Use the highest-quality unsalted butter you can find. European-style butters have higher butterfat content (82 percent and up) than most supermarket brands have-the extra butterfat not only provides superior flavor but also encourages better lamination.

• Temperature The temperature of the butter is crucial when you laminate the dough. Too cold and hard, and the butter will break into small shards; too warm and soft, and the layers will not be distinct. To test, press a finger into the butter slab-it should feel pliable and cold.



Find more step-by-step photos at FineCooking.com.

# Variations: the classic made sweet and savory

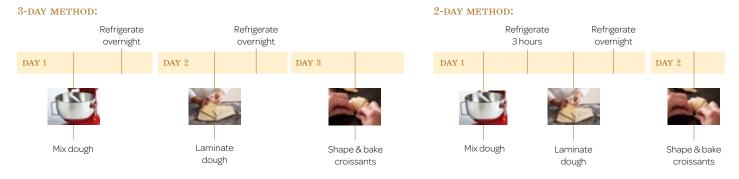


the notched end of the dough triangle after you've stretched it—use about ½ oz. or 1½ Tbs. for each one. Roll it up just like a plain croissant but without stretching out or bending the legs. Proof and bake the same.

Ham and Cheese Croissants After stretching but before rolling up each croissant, put a thin layer of sliced ham on the dough at the notched end. Tuck it in if it lies more than a little outside the surface of the dough. Put a layer of thinly sliced or grated cheese-good Cheddar or Gruyère is beston top of the ham. Without stretching or bending the legs, roll the dough tightly. Proof and bake the same.

# Timeline: making croissants

The three-day method used in our classic croissant recipe gives the dough maximum fermentation time for flavor to develop. But if time is tight, you can use the shortcut two-day method (below right) instead. The active work time is exactly the same in both scenarios; choose whichever fits your schedule.



Jeffrey Hamelman bakes croissants weekly as bakery director at King Arthur Flour in Vermont.





One simple method, endless variations.

BY SUSIE MIDDLETON

MAKING SOUP is the best kind of kitchen alchemy: You start with a few humble ingredients and wind up with a gem. That's why I love making these puréed vegetable soups; the components and technique are simple, but the result is a silky, delicious soup that's refined enough for any elegant first course. • The technique is straightforward. First, cook some aromatics (like carrots, onion, celery, garlic, and leeks) to start building the soup's flavor base. Next, add your favorite vegetable plus some liquid and simmer until tender. Finally, just purée everything in a blender. You won't believe how easy it is to make something so lovely.

# Creamy Vegetable Soups





#### STEP 1

# CHOOSE YOUR INGREDIENTS

Read the method from start to finish and then choose and prep your ingredients. All soups serve 8 as a starter.

#### STEP 2

# COOK THE AROMATICS

In a 4- to 5-quart saucepan or Dutch oven, heat the cooking fat over medium-low heat. When hot, add the 11/4 cups aromatics and a pinch of kosher salt. Stir well, cover, reduce the heat to low, and cook, stirring occasionally, until the aromatics are softened, 8 to 10 minutes. Stir in 1 tsp. kosher salt, as well as an optional spice, if using.



# Spices (optional)

These soups are delicious without any embellishment, but you can add a spice to give your soup a global twist. Choose 1 of the following.

- Curry powder, 1½ tsp.
- Crushed fennel seed, 1tsp.
- Garam masala, 1 tsp.
- Ground cumin plus ground coriander, 2 tsp. total



- Mustard seed, 2 tsp.
- Saffron threads, big pinch, lightly crushed and mixed with some of the liquid
- Smoked paprika, ½ to 1 tsp.



## Aromatics

Choose any combination of 2 to 5 from the list below for a total of 114 cups.

- Onions, cut into medium dice
- Leeks, thinly sliced and washed
- Shallots, finely chopped
- Carrots, peeled, halved or quartered lengthwise, and thinly sliced
- Celery, halved lengthwise and thinly sliced (no more than 14 cup)
- Fresh ginger, minced (no more than 1 Tbs.)
- Garlic, minced (no more than 2 tsp.)

# Good to Know

Aromatic vegetables become the flavor foundation of your soup. The best blend of aromatics starts with garlic and includes some onions, leeks, or shallots. From there, move on to your other choices, selecting those that are most complementary to your main vegetable.







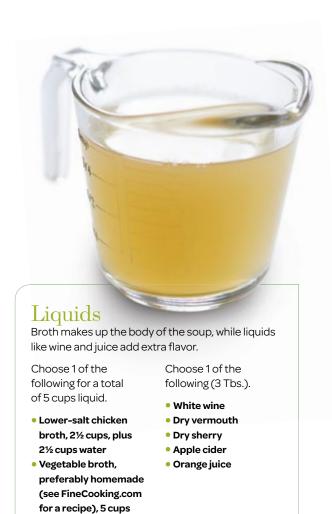


#### STEP 3

# SIMMER THE VEGETABLES

Add your choice of vegetables and liquids, stir well, and bring to a simmer over medium heat. Cook, uncovered, stirring occasionally, until the vegetables are very tender and the soup is full-flavored, 7 to 20 minutes, depending on the vegetable.

# Vegetables Choose 1 or more of the following for a total weight of 1½ lb. prepped vegetables. Asparagus, bottom of stems Cauliflower, trimmed, cored, trimmed, cut into 1/2-inch and coarsely chopped Mushrooms (combination pieces Broccoli, bottom of stems of cremini or baby bella and trimmed, florets coarsely white button), halved and chopped, stems sliced very thinly sliced thinly Canned whole tomatoes Butternut squash, peeled, (two 28-oz. cans) drained and seeded, and cut into 1/2-inch coarsely chopped or crushed Carrots, peeled, cut in half or quartered lengthwise if thick, and sliced 1/4 inch thick



# How Much Do I Buy?

When shopping for your • 21/4 lb. asparagus main vegetable, you'll need to buy extra to account for the weight you lose when you trim. To yield 1½ lb. trimmed vegetables, start with:

- 1¾ lb. broccoli
- 2 lb. butternut squash
- 1¾ lb. carrots
- 2 lb. cauliflower
- 1½ lb. mushrooms

# STEP 4

Take the pan off the heat and let the soup cool for 5 minutes. Working in batches, purée the soup in a blender (see Test Kitchen, page 83, for safety tips). Wipe the pan clean and put the soup back in the pan.

#### STEP 5

## **FINISH**

Season the soup to taste with salt and pepper and add your choice of dairy, if using, and acid; start with ½ tsp. lemon or lime juice or vinegar, and add up to 11/2 tsp. as needed. Ladle into 8 soup bowls and sprinkle a garnish over each serving, if using.



# Dairy (optional)

If you like, you can finish your soup with some dairy (though some vegetables, especially cauliflower, carrots, and butternut squash, make such silky purées on their own that I sometimes leave the dairy out completely). While cream is nice, I often prefer the results I get with whole yogurt or buttermilk, since their slightly tangy flavor brightens the soup. Choose 1 of the following (4 cup).

- Heavy cream
- Buttermilk
- Thick whole yogurt, preferably Greek



A bit of citrus juice or a dash of vinegar will give your soup an additional touch of brightness and bring out the vegetable flavor. Choose 1 of the following (up to 1½ tsp.).

- Fresh lemon or lime juice
- Vinegar, such as red or white wine vinegar, cider vinegar, sherry vinegar, balsamic vinegar, or rice vinegar

# Storing Soups

Most of these soups are best eaten within a day, as the vegetables tend to separate from the liquids. Carrot, butternut squash, and tomato soups can last up to 2 days in the refrigerator and up to a month in the freezer; if frozen, reheat slowly and whisk if separated.

# Garnishes (optional)

Add a finishing touch for extra flavor and texture. Choose 1 of the following.

- Crumbled cooked bacon or pancetta, 2 tsp. per serving
- Chopped fresh herbs (basil, chives, cilantro, mint, or parsley), 1 to 2 tsp. per serving
- Homemade croutons, 1 to 2 Tbs. per serving (see recipe at FineCooking.com)
- Nuts (almonds, peanuts, pecans, pine nuts, or walnuts), toasted and finely chopped, 1 tsp. per serving
- Flavored oil (your choice of nut, spiced, sesame, or truffle oil), ½ tsp. per serving



# More Soups to Make

Mix and match ingredients for a delicious soup your way. Here are two more ideas we like.

#### ASPARAGUS SOUP WITH LEEKS AND MUSTARD SEED

Choose these:

- leeks, garlic
- mustard seed
- asparagus
- chicken broth, white wine
- cream, lemon juice, croutons

#### BUTTERNUT SQUASH SOUP WITH GARAM MASALA, YOGURT, AND LIME

Choose these:

- leeks, shallots, celery, garlic
- garam masala
- butternut squash
- vegetable broth, apple cider
- yogurt, lime juice, cilantro

*Susie Middleton is* Fine Cooking's *editor at large*. ■



# Carrot Cake

In this corner, the all-American favorite, and in that corner, a fanciful carrot-topped wonder. It's going to be one delicious smackdown.

BY ABIGAIL JOHNSON DODGE AND JEHANGIR MEHTA



EVERYONE LOVES CARROT CAKE. We like it so much we decided to track down the best-ever classic version and the most innovative variation we'd come across, and do a little comparison tasting. Abby Dodge, *Fine Cooking* contributing editor and baker extraordinaire, gave us the ultimate recipe for the classic (she got it from her mother). Jehangir Mehta, pastry chef and owner of Graffiti, a food and wine bar in New York City, created an inspired update. Let the bake-off begin.





when necessary, but don't mess with my mom's carrot cake. It's perfect just the way it is. -ABBY DODGE classic carrot cake with

with time, so feel free to bake and frost the

Serves 12 to 14

#### FOR THE CAKE

- 1 cup canola, corn, or vegetable oil; more for the pans
- cups (9 oz.) unbleached all-purpose flour; more for the pans
- 2 tsp. ground cinnamon
- 1¾ tsp. baking soda
- 34 tsp. ground nutmeg
- tsp. ground ginger
- 34 tsp. table salt
- 4 large eggs
- 21/2 cups (83/4 oz.) lightly packed, finely grated
- 2 cups packed light brown sugar
- cup chopped walnuts, toasted
- ½ cup raisins
- 11/2 tsp. pure vanilla extract

#### FOR THE FROSTING

- 1 lb. cream cheese, softened
- 12 oz. (1½ cups) unsalted butter, softened
- lb. (4 cups) confectioners' sugar
- 4 tsp. pure vanilla extract
- 34 tsp. table salt

#### MAKE THE CAKE

Position a rack in the center of the oven and heat the oven to 350°F. Lightly oil and flour the sides of two 9x2-inch round cake pans, tapping out any excess flour. Line the bottoms of the pans with parchment.

In a medium bowl, whisk the flour, cinnamon, baking soda, nutmeg, ginger, and salt. In a large bowl with a hand mixer or in a stand mixer fitted with the paddle attachment, mix the oil, eggs, carrots, brown sugar, walnuts, raisins, and vanilla on medium speed until well blended, about 1 minute. Add the dry ingredients and mix on low speed until just blended, about 30 seconds. Divide the batter evenly between the prepared pans.

Bake until the tops of the cakes spring back when lightly pressed and a cake tester inserted into the centers comes out clean, 28 to 30 minutes.

Let cool in the pans on a rack for 15 minutes. Run a knife around the inside edge of the pans to loosen the cakes, invert them onto the rack, remove the pans, and carefully peel away the parchment. Set the cakes aside to cool completely before frosting.

#### MAKE THE FROSTING

In a large bowl, beat the cream cheese and butter with the mixer on medium speed until very smooth and creamy, about 1 minute. Add the confectioners' sugar, vanilla, and salt and beat on medium high until blended and fluffy, about 2 minutes. Cover the frosting and set aside at room temperature until the layers are completely cool.

#### **ASSEMBLE THE CAKE**

Carefully set one cake upside down on a large, flat serving plate. Using a metal spatula, evenly spread about 11/2 cups of the frosting over the top of the cake. Top with the remaining cake layer, upside down. Spread a thin layer (about 1/3 cup) of frosting over the entire cake to seal in any crumbs and fill in any gaps between layers. Refrigerate until the frosting is cold and firm, about 20 minutes. Spread the entire cake with the remaining frosting. For more tips on how to frost a layer cake, see Test Kitchen, page 83.

Refrigerate the cake for at least 4 hours or up to 2 days. The cake is best served slightly chilled or at room temperature.

## spiced carrot cakes with candied carrots and pistachios

Candied carrots and a finer crumb set this variation apart from traditional carrot cake.

#### **FOR THE CAKES**

- 2 cups carrot juice
- 1 1-inch piece fresh ginger, peeled and finely grated
- 3 oz. (6 Tbs.) unsalted butter, softened; more for the molds
- 6¾ oz. (1½ cups) unbleached all-purpose flour; more for the molds
- 11/2 tsp. ground allspice
- 1 tsp. ground cinnamon
- 1/2 tsp. ground star anise
- 1/2 tsp. baking soda
- 1/4 tsp. table salt
- 1/4 cup packed light brown sugar
- 2 large eggs
- 1/4 cup chopped unsalted pistachios (for garnish)

#### FOR THE CANDIED CARROTS

- 2 cups granulated sugar
- 2 large carrots, peeled and cut into long julienne strands to yield 1 cup (see Test Kitchen, p. 83)
- 1 cinnamon stick
- 1 whole star anise

#### **MAKE THE CAKES**

Combine the carrot juice and ginger in a medium saucepan and bring to a boil over medium heat. Boil until reduced to 34 cup, about 25 minutes. Let cool to room temperature.

Position a rack in the center of the oven and heat the oven to 325°F. Butter and flour 8 baba au rhum molds (214 to 21½ inches tall; see Where to Buy It, p. 92). Set aside on a large rimmed baking sheet.

In a medium bowl, whisk the flour, allspice, cinnamon, star anise, baking soda, and salt. In a large bowl with a hand mixer or in a stand mixer fitted with the paddle attachment, cream the butter and brown sugar on medium speed until light and fluffy, 1 to 2 minutes. On medium-low speed, add one of the eggs, mix until mostly blended, and then add the second egg. On low speed, alternate adding the flour mixture and the carrot reduction in two additions each. Mix each addition until iust combined.

Spoon the batter into the prepared molds, filling each a little more than half full. Swirl the batter with a skewer to smooth the tops. Bake the cakes until a cake tester inserted into the centers comes out clean, 20 to 22 minutes.

People's tastes have changed—sugar is out and spices are in. That's change we can believe in. -JEHANGIR MEHTA



Cool the cakes on a rack for 10 minutes and then carefully invert to remove from the molds. Cool the cakes upright on the rack. The cakes may be served warm or at room temperature.

#### MAKE THE CANDIED CARROTS

Bring the sugar and 2 cups of water to a boil in a medium saucepan over high heat. Add the carrots, cinnamon stick, and star anise. Reduce the heat to maintain a simmer; simmer gently, stirring occasionally, until the carrots are translucent, soft, and slightly sticky to the touch, about 30 minutes. Discard the cinnamon and star anise. Remove the carrots with a slotted spoon and set aside. Reserve

To serve, dip each cake in the syrup for about 3 seconds, put it on a dessert plate, and drizzle with about 1 tsp. syrup. Garnish with the candied carrots and pistachios.

Make ahead: You can make the cakes up to 1 day ahead and the candied carrots up to 2 hours ahead.

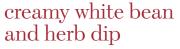
Abby Dodge lives in Southport, Connecticut, and Jehangir Mehta, in New York City.











This new take on bean dip is equally good served cold or at room temperature.

#### Serves 6 to 8

- 2 15-oz. cans cannellini beans, rinsed and drained
- 4 oz. cream cheese (1/2 cup)
- 1/3 cup chopped yellow onion
- 2 Tbs. fresh lemon juice
- 1 anchovy fillet, rinsed and patted dry (optional) Kosher salt and freshly ground black pepper
- 2 Tbs. extra-virgin olive oil
- 3 Tbs. thinly sliced fresh chives
- Tbs. chopped fresh marjoram or oregano Crudités, crusty sourdough bread, or crackers, for serving

Put the beans, cream cheese, onion, lemon juice, anchovy (if using), 1 tsp. salt, and ½ tsp. pepper in a food processor and process until smooth. With the motor running, drizzle in the oil. Transfer the spread to a large bowl and fold in 2 Tbs. of the chives and the marjoram. Season to taste with salt and pepper. Transfer the spread to a serving bowl, garnish with the remaining 1 Tbs. chives, and serve with crudités, bread, or crackers.

Make ahead: May be made 1 day ahead and refrigerated.



The secret to entertaining any night of the week? A menu of mostly make-ahead food.

## pan-seared skirt steak with warm radish and red onion pickle

The quick vegetable pickle is a bright, tangy complement to marinated steak. If there's any left over, try it on a turkey sandwich.

#### Serves 6 to 8

#### FOR THE STEAK 2 lb. skirt steak

- 1/2 cup plus 2 Tbs. extra-virgin olive oil
- ½ cup fresh lemon juice
- 2 Tbs. Dijon mustard
- 2 tsp. finely grated lemon zest
- 2 tsp. honey
- 1 tsp. crushed red pepper flakes
- medium cloves garlic, smashed and peeled

Kosher salt and freshly ground black pepper

#### FOR THE PICKLE

- 1/4 cup extra-virgin olive oil
- 3 Tbs. apple cider vinegar
- 1 Tbs. honey
- 1 Tbs. sherry vinegar
- 1 tsp. ground coriander Kosher salt and freshly ground black pepper
- 1 bunch red radishes (8 or 9), halved and thinly sliced
- 1 medium carrot, thinly sliced
- small red onion, halved lengthwise and thinly sliced crosswise
- 1 small jalapeño, seeded and thinly sliced

#### MARINATE THE STEAK

Trim any large patches of fat from the surface. If necessary, cut the steak crosswise into pieces 8 to 10 inches long. In a 9x13-inch baking dish (or similar), whisk ½ cup of the oil, the lemon juice, mustard, lemon zest, honey, pepper flakes, garlic, 11/2 tsp. salt, and 1/4 tsp. pepper. Arrange the steak in the dish and turn to coat with the marinade. Cover with plastic and refrigerate for at least 2 hours but preferably overnight.

#### MAKE THE PICKLE

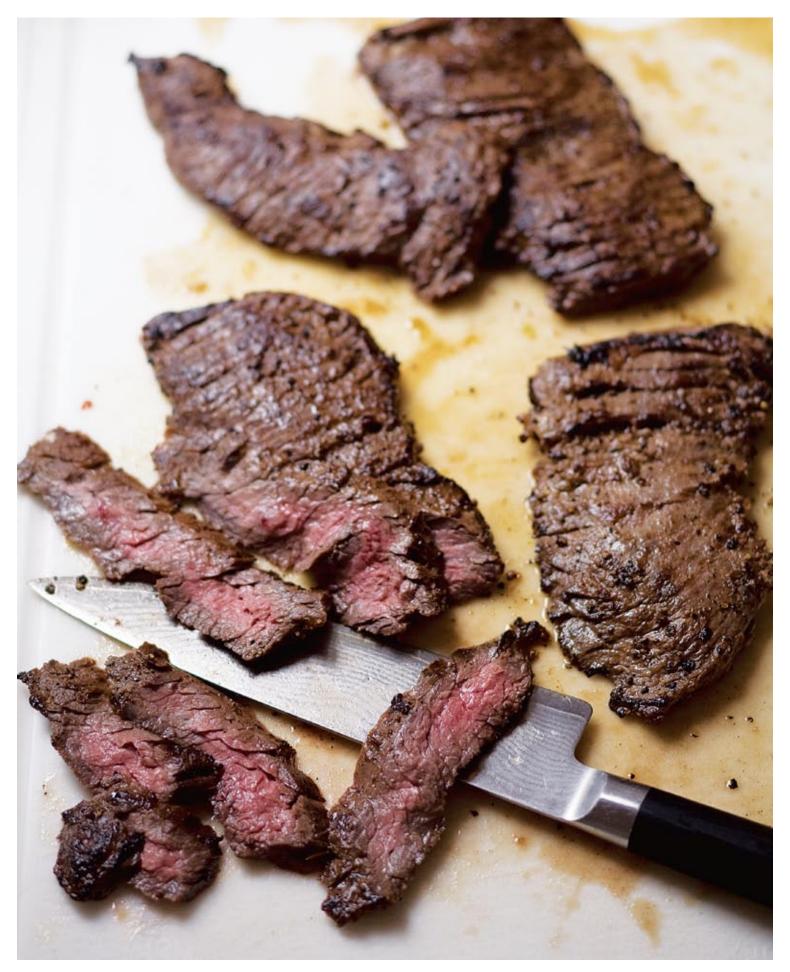
In a medium saucepan, stir together the oil, cider vinegar, honey, sherry vinegar, coriander, 11/2 tsp. salt, and 1/4 tsp. pepper. Bring to a simmer over medium-high heat. Add the radishes, carrot, onion, and jalapeño and toss gently to coat. Reduce the heat to medium low and cook, stirring occasionally, until the onions are wilted and the radishes are no longer crunchy but are still firm, 4 to 5 minutes. Give it one final stir and remove from the heat. Set aside, uncovered, while you cook the steak.

#### **COOK THE STEAK**

Remove the steak from the marinade and pat dry with paper towels. Season on both sides with 1/2 tsp. salt and a few grinds of pepper. Heat 1 Tbs. of the remaining oil in a large skillet over medium-high heat. Add half of the steak to the hot skillet in a single layer and cook, flipping once, until deeply browned on both sides and cooked to your liking-medium rare will take 5 to 7 minutes total. Transfer the steak to a carving board and set aside. Wipe out the skillet with a paper towel, heat the remaining 1 Tbs. oil, and cook the remaining steak as above.

Let the steaks rest for at least 5 minutes; then slice thinly across the grain and transfer to a large platter. Pour any accumulated juices over the steaks, top with the warm radish pickle, and serve.

Make ahead: The steak can be marinated and the pickle prepared up to 1 day ahead. Refrigerate both, and reheat the pickle before serving.





## broccolini with kalamata dressing

The olive dressing is also delicious on asparagus, carrots, and Brussels sprouts.

#### Serves 6 to 8

- ⅓ cup pitted Kalamata olives
- cup lightly packed fresh parsley leaves, plus 1 Tbs. roughly chopped
- 1/4 cup mayonnaise
- 3 medium cloves garlic, peeled Kosher salt and freshly ground black pepper
- 2 lb. broccolini, trimmed (4 bunches)

Put the olives, parsley leaves, mayonnaise, garlic, ½ tsp. salt, and ¼ tsp. pepper in a food processor and pulse into a coarse paste. Bring a large pot of well-salted water to a boil. Working in 3 batches, boil the broccolini until tender, about 5 minutes per batch. Drain each batch well and keep warm in a large bowl covered with foil.

Dab the olive mixture over the broccolini and toss well to combine. Season to taste with salt and pepper. Transfer to a platter. sprinkle with the chopped parsley, and serve.

Make ahead: The black olive dressing can be made 1 day ahead and refrigerated until ready to use.



## drink up

Master sommelier Doug Frost suggests pairing both wine and beer with this rustic menu, so there's a little something for everyone. The crisp Ommegang Hennepin (\$10 for 750 ml) has a bit of spice and fruit, while

Anchor Steam (\$8 for a six-pack) balances malty sweetness and hoppy tanginess. For the main course, Frost recommends a beer with some heft to it, such as the dark Samuel Smith's Imperial Stout (\$10 for a

St. Supéry Sauvignon Blanc 2006 (\$20) is a fruity American white that's a great match for this menu. A bold red wine with rich blue and black fruit notes, such as the Trapiche Malbec Oak Cask 2006 (\$12) or the Las Rocas de San Alejandro Garnacha 2007 (\$12), is perfect for rounding out the meal.



Get a shopping list and timeline for this menu at FineCooking.com/extras.





## roasted potato and mushroom salad with mascarpone

Roasting the potatoes and mushrooms deepens the flavor of this warm salad, and the mascarpone dressing adds richness and tang. Serves 6 to 8

- 6 Tbs. extra-virgin olive oil
- 2 lb. Yukon gold potatoes (about 6 medium), halved and cut into ¾-inch wedges Kosher salt and freshly ground black pepper
- 34 lb. small to medium cremini or white mushrooms. quartered
- ½ cup mascarpone
- 14 cup fresh orange juice
- 11/2 tsp. red wine vinegar
- 1/3 cup thinly sliced scallions, white and green parts (about 4 small)

Position a rack in the center of the oven and heat the oven to 450°F. Coat a large rimmed baking sheet with 1 Tbs. of the oil. In a large bowl, toss the potatoes, 2 Tbs. of the oil, 1 tsp. salt, and 1/2 tsp. pepper. Arrange in a single layer on the prepared baking sheet. Roast until barely tender, about 20 minutes, gently tossing with a spatula halfway through.

Meanwhile, toss the mushrooms, 1 Tbs. of the oil, ½ tsp. salt, and 1/4 tsp. pepper in the bowl.

Gently toss the potatoes again, scatter the mushrooms evenly over the potatoes, and continue to roast until both the potatoes and mushrooms are tender and golden brown in spots, 10 to 15 minutes more.

Meanwhile, in a medium bowl, whisk the mascarpone, orange juice, vinegar, 1 tsp. salt, and 1/2 tsp. pepper. Drizzle in the remaining 2 Tbs. oil while whisking constantly; set aside.

Return the potatoes and mushrooms to the large bowl and add the mascarpone dressing. Toss gently to coat, season to taste with salt and pepper, and transfer to a large serving bowl. Garnish with the scallions and serve.



Nobody will be able to resist a slice of this rich cake (not even the resident dog).



## buttermilk cake with spiced vanilla icing

The secret to this moist, tender cake is grated butternut squash, which is folded into the batter just before baking. Use the large holes on a box grater to grate the squash.

#### Serves 10 to 12

#### FOR THE CAKE

- 4 oz. (1/2 cup) unsalted butter, softened; more for the pan
- oz. (3 cups) unbleached all-purpose flour; more for the pan
- cups granulated sugar
- cup canola oil
- large eggs
- Tbs. distilled white vinegar
- tsp. pure vanilla extract
- tsp. baking soda
- tsp. table salt
- tsp. ground ginger
- tsp. freshly grated nutmeg
- cup buttermilk
- cups peeled and grated butternut squash (about 8 oz.)

#### FOR THE ICING AND GARNISH

- 9 oz. (214 cups) confectioners' sugar
- 3 Tbs. buttermilk; more as needed
- tsp. pure vanilla extract
- 14 tsp. freshly grated nutmeg
- 14 tsp. table salt
- 1/4 cup finely chopped crystallized ginger

#### **MAKE THE CAKE**

Position a rack in the center of the oven and heat the oven to 325°F. Butter and flour a 10-cup Bundt pan; tap out excess flour. In a large bowl with a hand mixer or in a stand mixer fitted with the paddle attachment, beat the butter and sugar on medium speed until well combined, about 1 minute. Add the oil

and beat until combined, about 15 seconds. Add the eggs one at a time, mixing well on low speed. Add the vinegar and vanilla and mix again until just combined. Add half of the flour and the baking soda, salt, ginger, and nutmeg, mixing on low speed until just combined. Add half of the buttermilk and mix until just combined. Repeat with the remaining flour and buttermilk.

Stir the squash into the batter and transfer the batter to the prepared pan; smooth the top with a rubber spatula. Bake until a cake tester inserted in the center comes out clean, about 1 hour. Cool on a wire rack for 30 minutes; then carefully invert the cake onto the rack and remove the pan. When the cake is completely cool, transfer it to a serving plate.

#### MAKE THE ICING

In a medium bowl, whisk the sugar, buttermilk, vanilla, nutmeg, and salt until smooth. Add more buttermilk, a few drops at a time, as needed, until the icing is pourable but still quite thick. Pour the icing back and forth in thick ribbons over the cooled cake. Sprinkle the ginger on top. Let the icing set at room temperature, about 45 minutes, before serving.

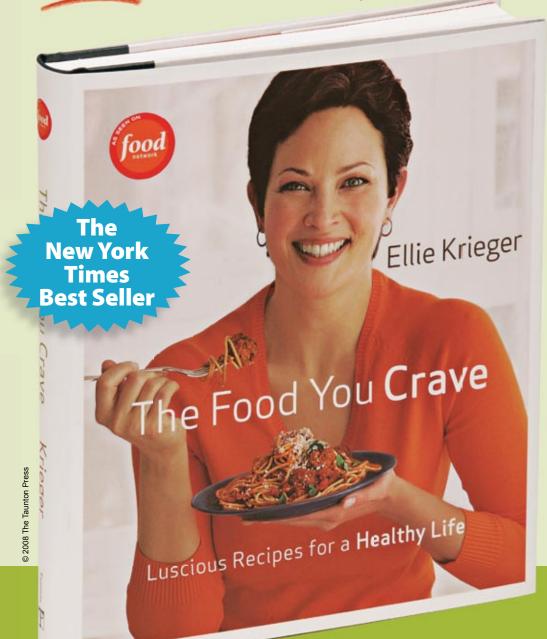
Make ahead: This cake can be made a day or two in advance. After the icing has set, wrap the cake in plastic and refrigerate. Let come to room temperature before serving.

Liz Pearson is a food writer and recipe developer based in Austin, Texas.



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# TEST KITCHEN Tips/Techniques/Equipment/Ingredients/Glossary





#### TECHNIQUE

## The icing on the cake

Knowing how to frost a layer cake like the one on page 72 can be both a blessing and a curse. On the one hand, it's not hard and your friends will be impressed. On the other hand, everyone will want you to make them a birthday cake.

#### Position and level your cake

Set a cake plate on a rotating cake stand or lazy Susan. Position your first layer of cake upside down on the plate. If necessary, level the cake layer with a long serrated knife. Slide strips of parchment or waxed paper under the edge of the cake to keep the plate clean as you frost.

#### 2 Fill the layers

Gently brush any crumbs from the cake. Using an offset spatula, spread the recommended amount of frosting across the surface of the cake in an even layer (don't worry about getting the surface perfectly smooth).

Place the second cake layer on the frosting, aligning the layers in a perfectly vertical column. If using split layers that were cut unevenly, match up the layers so the cake stays flat. If the cake is three or more layers, continue to fill between the layers, ending with the top layer unfrosted.

#### 8 Seal in the crumbs

Frosting the cake is easier if you first seal the crumbs in a thin layer of frosting, called a crumb coat. With an offset spatula, spread about ½ cup of frosting in a thin, even layer all over the cake. Smooth any frosting protruding between the layers and use that extra frosting as part of the crumb coat. It's fine if the cake is still visible through the thin crumb coat. Refrigerate the cake to firm up the crumb coat, about 20 minutes.

#### Finish with style

Spread the remaining frosting evenly over the chilled crumb coat. Once the cake is frosted, you can decorate the surface in a variety of ways, using a spoon or offset spatula to create swoops or stripes. If you prefer a smooth look, dip the spatula in hot water, wipe it dry, and hold it against the surface as you rotate the cake. Keep dipping the spatula in water and wiping it dry. —Dabney Gough

#### how to: split the layers

If your recipe calls for split cake layers, use a long serrated knife to gently "draw" a line all the way around the side of the cake at the center point. Turn the stand slowly, with your knife exerting gentle pressure on the cake. (If you aren't using a rotating stand, use a gentle sawing motion, giving the cake quarter turns as you go.) When you get back to where you started the cut, begin to cut horizontally through the cake, using the cut line as a guide. Focus on keeping the handle end of the knife in place; if you do this, the far end will follow naturally.











## Favorite gadget: the julienne peeler

TO MAKE THE CANDIED carrot strips for the Spiced Carrot Cakes on page 73, our gadget of choice is a hand-held julienne peeler. In one swoop, it shreds carrots, zucchini, and other fruits and vegetables into thin, delicate ribbons. It's quicker than a knife, and unlike a mandoline, which can also make julienne cuts, it fits neatly into the dishwasher. -D. G.

#### TIP

#### Don't get burned: safe soup puréeing

Haphazard blending of the creamy soups on page 62 can lead to serious burns (and really ruin a good cooking session). Taking a few precautions will save your skin-and your soup:

- Chill out Let the soup cool for 5 to 10 minutes before blending.
- Pace yourself Blend in batches, filling the jar halfway each time. More than that, and you run the risk of soup exploding from the jar with the initial whir.
- Use the vent Keeping the lid's vent open prevents steam buildup.
- Take cover Put a folded kitchen towel between your hand and the lid to protect yourself from hot splashes. —D. G.



## Dough lingo

Two terms you'll be glad you know when it comes to making your own croissants (see page 54):

**Proofing** Yeasted breads, like croissants, are usually "proofed" after the dough has been shaped. The proofing step allows the dough to rise more and develop in flavor. Proofing is usually done in a warm environment-75° to 80°F-which encourages the yeast to grow and multiply.

Laminated dough Croissants, Danish, and puff pastry are all made from laminated dough-thin sheets of dough layered

with thin sheets of butter. There are two steps to laminating dough: First, encasing butter in a dough "envelope," and second, rolling and folding the dough. Depending on the type of pastry, the rolling and folding step is repeated two to six times.

During baking, the steam generated by the moisture in the butter is trapped, lifting and separating the individual dough layers. The resulting lofty layers (as many as 1400 for classic French puff pastry) bring an airy lightness to the finished baked good.

—D. G.

#### TECHNIQUE

## Boning a chicken breast

FOR THE PAN-ROASTED CHICKEN breasts on page 45, you'll need boneless, skin-on chicken breasts. Unfortunately, these aren't readily available at many supermarkets, so for most of us, the only way to get this cut of chicken is to start with skin-on split breasts and bone them ourselves. Here's how:



With a sharp boning knife, begin cutting between the meat and rib bones along the narrower edge of the breast. Gently pull back on the meat as you continue slicing the meat away from the bone.



When you reach the wing joint, maneuver the knife over and around the joint as you continue to pull back on the meat.



At this point, you should be able to feel a spur of the wishbone in the breast meat. Scrape and cut around the wishbone to free it from the meat and then, if necessary, finish cutting the breast completely free of all the bones.



Remove the tendon that runs down the length of the breast by pinching the end and pulling it taut. Scrape the knife against it on either side until it pulls free.

—Jennifer Armentrout



#### INGREDIENT

#### Piment d'Espelette

Though you could use regular cayenne or chile flakes to garnish the Pork and Potato Hash on page 52, piment d'Espelette gives the dish an unusual Basque twist.

Piment d'Espelette chiles come from a group of ten villages (one of which is called Espelette) in the Basque region of southwestern France. After harvesting, the chiles are strung together and dried outside houses and shops in the villages—the image of a chile-festooned building is in the logo used to designate this product.

The slightly sweet, mildly spicy chiles are most commonly ground into a coarse powder. In the Basque region, the spice is often used in place of black pepper. In addition to using it as a finishing touch on dishes, we like to add it to spice rubs and sauces.

Piment d'Espelette is available at specialty markets and by mail order (see Where to Buy It, page 92). Store as you would any other spice: in an airtight container in a cool, dry place for up to six months.

—D. G.



#### TECHNIQUE

## Orange slices and segments

SEVERAL OF THE RECIPES in the "Oranges" feature on page  $40\ \rm call$  for slices and segments. Here's how to make them.

Cut off the top and bottom of the orange, slicing off enough to expose a circle of the orange's flesh.

With a paring knife, slice off a strip of peel from top to bottom. Try to get all of the white pith, but leave as much of the flesh as possible.
Continue all the way around.





To make segments (a.k.a. suprêmes), use a paring knife to cut on either side of each membrane, freeing the orange segment in between. Work over a bowl to catch the juice.



To make slices, cut the orange crosswise in the desired thickness.

—D. G

## Crumple it

TIP

The Orange and Brown-Butter Tart recipe on page 46 calls for lining the tart shell with parchment before blind baking. A crisp, new sheet of parchment doesn't snuggle into a tart shell very well, but if you first crumple the sheet into a ball and then unfold it, it'll fit easily. —*J. A.* 





## spicy jerk pork chops

This recipe is based on the fiery Jamaican seasoning known as jerk, made of Scotch bonnet chiles, ground spices, garlic, and herbs. Serve with a cabbage slaw and buttered white rice.

#### Serves 4

- 2 Tbs. extra-virgin olive oil; more for the pan
- bone-in center-cut pork chops (¾ inch thick, about 2 1/2 lb. total) Kosher salt and freshly ground black pepper
- 4 medium scallions (white and green parts), coarsely chopped

- 2 small Scotch bonnet or habanero chiles, seeded and coarsely chopped (wear gloves)
- small limes, 1 juiced and 1 cut into
- 2 large cloves garlic, coarsely chopped
- 2 Tbs. coarsely chopped fresh ginger
- 1 Tbs. coarsely chopped fresh thyme
- tsp. ground allspice
- 1/8 tsp. ground cinnamon

Position an oven rack about 4 inches from the broiler and heat the broiler to high. Lightly oil a broiler pan or a rack set over a large rimmed baking sheet.

Season the pork all over with 1 tsp. salt and ¾ tsp. pepper. In a food processor, purée the oil, scallions, chiles, lime juice, garlic, ginger, thyme, allspice, cinnamon, and 1 tsp. salt. Coat the chops on all sides with the mixture and set on the broiler pan or rack.

Broil until the pork begins to brown, about 7 minutes. Flip and cook until browned, the meat is firm to the touch, and an instantread thermometer inserted close to (but not touching) the bone registers 145°F, about 7 minutes more. Serve with the lime wedges.

-Tony Rosenfeld



## smoked turkey reubens

In this update on the classic, smoked turkey stands in for corned beef, while a fresh slaw and sun-dried tomato mayo take the place of sauerkraut and Thousand Island dressing.

#### Serves 4

- 2 cups thinly sliced green cabbage (about 4 oz.)
- 34 cup julienned kosher dill pickle (from 1 large)
- 2 tsp. cider vinegar Kosher salt
- 1/2 cup mayonnaise
- 3 oil-packed sun-dried tomatoes
- 2 Tbs. ketchup
- 8 slices whole wheat bread
- 12 thin slices smoked turkey
- 8 thin slices Swiss cheese
- 2 Tbs. unsalted butter, softened

In a medium bowl, toss the cabbage and pickles with the vinegar and ½ tsp. salt.

Transfer to a colander, set it in the sink, and let sit for 10 minutes. Meanwhile, pulse the mayonnaise, sun-dried tomatoes, and ketchup in a food processor until the tomatoes are finely chopped.

**Squeeze the cabbage** mixture to remove any excess liquid and return to the bowl. Toss the cabbage with 2 Tbs. of the mayonnaise.

**Spread the remaining** mayonnaise on one side of each slice of the bread. Assemble the sandwiches, layering the turkey, cabbage, and cheese over 4 slices of the bread and topping with the other 4 slices. Spread the outsides of the sandwiches with the butter.

**Heat a large grill pan,** skillet, or stovetop griddle over medium-low heat. Working in

batches if necessary, put the sandwiches in the pan, top with a grill press or heavy skillet to weigh them down, and cook until browned, 2 to 4 minutes. Flip and cook the other side until browned and the cheese is melted, 2 to 4 minutes more. Cut the sandwiches in half and serve.

-Tony Rosenfeld

## red-cooked tofu

Serves 4

Red-cooking is a traditional Chinese braising technique that uses soy sauce, sugar, and rice wine to flavor the food and give it a dark red color. This easy, aromatic stew is delicious served over cooked rice or mustard greens.

- 4 medium scallions, thinly sliced (white and green parts separated)
- 2 medium carrots, cut into small dice
- 1 cup lower-salt chicken broth or (preferably homemade) vegetable broth
- 6 Tbs. reduced-sodium soy sauce; more as needed
- ½ cup Shaoxing (Chinese cooking wine) or dry sherry

- 11/2 Tbs. minced fresh ginger
- 2 tsp. granulated sugar Freshly ground black pepper
- 2 14-oz. packages firm tofu, cut into 1-inch pieces
- 2 Tbs. seasoned rice vinegar
- 2 tsp. arrowroot or cornstarch

In a large saucepan, combine the scallion whites, carrots, broth, soy sauce, Shaoxing, ginger, sugar, and ¼ tsp. pepper. Bring to a simmer over medium-high heat, stirring once or twice. Cover, reduce the heat to low, and simmer gently for 5 minutes. Add the tofu, cover, and continue to simmer gently until the tofu is heated through and has absorbed some of the other flavors, 10 minutes.

In a small bowl, whisk the vinegar and arrowroot until smooth and then stir the mixture into the stew, taking care not to break up the tofu. Stir gently until thickened, about 1 minute. Add more soy sauce to taste, sprinkle with the scallion greens, and serve.

-Bruce Weinstein and Mark Scarbrough

Continued on page 90





## chicken sauté with lemon, cumin, and parsley

Serve this brightly flavored dish over baby spinach, with crusty bread on the side.

#### Serves 2 to 3

- 1 medium lemon
- 3 Tbs. extra-virgin olive oil
- 1 large red onion, thinly sliced
- 1 medium clove garlic, smashed and peeled
- boneless, skinless chicken thighs (1 lb.), trimmed and cut into 1/2-inch-thick strips
- 34 tsp. ground cumin Kosher salt and freshly ground black pepper
- 14 cup chopped fresh flat-leaf parsley

Finely grate 1 tsp. zest from the lemon and then juice the lemon.

Heat the oil in a 12-inch skillet over medium heat until shimmering hot. Add the onion and garlic and cook, stirring frequently, until the onion begins to soften, 3 to 5 minutes. Add the chicken, lemon zest, cumin, 1/2 tsp. salt, and ¼ tsp. pepper and cook, stirring, until the chicken is just cooked through, 4 to 6 minutes. Remove the skillet from the heat and stir in the parsley and 2 Tbs. of the lemon juice. Discard the garlic if you like. Season to taste with salt and pepper.

-Lori Longbotham

## salt-and-pepper shrimp with garlic and chile

Using easy-peel shrimp will speed prep because the shells are slit open and they've been deveined. Steamed or stir-fried vegetables, jasmine rice, and lots of napkins are the perfect accompaniments.

#### Serves 4

- 2 Tbs. cornstarch
- 1 tsp. granulated sugar Pinch of Chinese five-spice powder

- Kosher salt and freshly ground black pepper
- large cloves garlic, finely chopped
- serrano chile, thinly sliced into rounds
- large scallions (green parts only), sliced 14 inch thick
- lb. large shrimp (26 to 30 per lb.), peeled and deveined, tails left on
- Tbs. peanut or canola oil
- 1 small lime, cut into 4 wedges

In a large bowl, mix the cornstarch, sugar, five-spice powder, 1 tsp. salt, and 1 tsp. pepper. In a small bowl, mix the garlic, chile, and scallions; set aside.

Pat the shrimp dry with paper towels. Line a small baking sheet or large plate with a double layer of paper towels. Add the shrimp to the cornstarch mixture and toss until evenly and thoroughly coated.

In a heavy-duty 12-inch nonstick skillet, heat 1½ Tbs. of the oil over medium-high heat until very hot. Add half of the shrimp in a single layer. Cook without disturbing until deep golden and spotty brown on one side, about 2 minutes. Using tongs, quickly flip each shrimp and continue to cook until the second sides are spotty golden brown, about 1 minute longer. (The shrimp may not be cooked through at this point.) Transfer the shrimp to the prepared sheet. Add another 1 Tbs. of the oil to the skillet and repeat with the remaining shrimp, transferring them to the sheet when done.

Reduce the heat to medium and add the remaining 1 Tbs. oil to the skillet. Add the garlic mixture and cook, stirring constantly, until the chile and scallions are softened and the garlic is golden and smells toasted, about 1 minute. Return the shrimp to the pan and stir to combine. Serve immediately, with the lime wedges.

—Dawn Yanagihara





## beef picadillo

A Latin American and Caribbean favorite, picadillo is a savory-sweet ground beef filling that's delicious wrapped in lettuce leaves. It's also good in tacos, quesadillas, and omelets.

#### Serves 4 to 6

- 3 Tbs. extra-virgin olive oil
- 11/2 lb. lean ground beef
- 1/₃ cup dry red wine
- 1 small yellow onion, minced
- 3 cloves garlic, minced
- cup canned crushed tomatoes
- ½ cup golden raisins Kosher salt and freshly ground black pepper
- 2 large hard-cooked eggs, finely chopped
- Tbs. chopped pimiento-stuffed green olives
- 1/4 cup minced fresh cilantro
- 1 small head Boston lettuce, cored and leaves separated

Heat the oil in a large skillet over medium heat. Add the ground beef and cook, stirring occasionally and breaking up the meat with the edge of a spoon, until done, about 5 minutes. Add the wine, onion, and garlic and cook, stirring occasionally, until the wine is almost evaporated, about 5 minutes. Add the tomatoes and raisins and simmer, stirring occasionally, until the liquid has almost evaporated, 2 to 3 minutes. Season

with 1½ tsp. salt and a few grinds of pepper. Remove the skillet from the heat and stir in the chopped eggs, olives, and cilantro. Serve hot with the lettuce leaves for wrapping.

—Bruce Weinstein and Mark Scarbrough



## fresh pasta with sausage and mushrooms

You can find fresh pasta in the refrigerated section of your supermarket. For a spicier dish, use hot Italian chicken sausage.

#### Serves 3 to 4

Kosher salt

- 2 Tbs. extra-virgin olive oil
- 34 lb. sweet Italian chicken sausage, cut into 1-inch pieces
- 1/2 lb. mixed sliced mushrooms (like oyster, shiitake, and cremini)
- 4 medium scallions (white and green parts), trimmed and thinly sliced
- 2 tsp. chopped fresh rosemary
- 1/8 tsp. crushed red pepper flakes Freshly ground black pepper
- 1 cup drained canned diced tomatoes
- 1 cup lower-salt chicken broth
- 1 12-oz. package fresh linguine or fettuccine
- 34 cup freshly grated Parmigiano-Reggiano

Bring a medium pot of salted water to a boil. Meanwhile, heat the oil in a large,



heavy skillet over medium-high heat until shimmering hot. Add the sausage and cook, stirring occasionally, until browned, about 3 minutes. Add the mushrooms, scallions, rosemary, red pepper flakes, 34 tsp. salt, and ½ tsp. pepper and cook, stirring often, until the mushrooms soften and start to brown, about 3 minutes. Add the tomatoes and chicken broth, bring to a boil, and then cover and reduce to a gentle simmer. Cook until the sausage is heated through and the flavors are melded, about 5 minutes.

Meanwhile, cook the pasta according to package timing until it's just al dente. Drain well and add to the sauce along with half of the Parmigiano. Cook over medium heat, tossing for 1 minute. Serve sprinkled

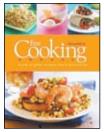
with the remaining Parmigiano and some black pepper.

-Tony Rosenfeld

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#### preserving the season, page 19

• Ball fruit jell pectin, \$2.29, Canning Pantry, 435-245-6776.



#### repertoire, page 24

#### WE RECOMMEND:

- Le Creuset super spatula, \$13.99, Chef Tools, 866-716-2433.
- Best 12-inch balloon whisk, \$9.79, Chef Tools, 866-716-2433.



#### the good life, page 32

#### WE RECOMMEND:

 Circulon 12-inch nonstick stir-fry pan, \$39.95, Macy's, 800-289-6229.

#### drinks, page 38

#### PICTURED IN THE STORY:

 Vera Wang Duchesse double old-fashioned glass, \$120 for four, Macy's, 800-289-6229.

#### WE RECOMMEND:

- 24 oz. 3-piece wide-mouth stainless-steel shaker, \$16.45, Bar Store, 800-256-6396.
- 10-inch stainless-steel bar spoon, \$2.15, Bar Store, 800-256-6396.
- Stock maraschino liqueur, \$14.99 for 750 ml, Witty's Fine Wine, 732-381-6776.



#### creamy soups, page 62

#### WE RECOMMEND:

- All-Clad 4-quart stainless saucepan, \$184.95, Cooking.com, 800-663-8810.
- 5-quart Lodge enamel Dutch oven, \$166.15, Kerekes, 800-525-5556.



## oranges, page 40

#### WE RECOMMEND:

- Blood orange juice, \$12.50 for a half-gallon, LaVigne Organics, 760-723-9997.
- SCI/Scandicrafts 9½-inch round tart pan, \$10.95, Cooking.com, 800-663-8810.



### roast pork, page 48

#### WE RECOMMEND:

- Piment d'Espelette, \$18.99 for 1.8 oz., Chefshop .com, 800-596-0885.
- Mauviel stainless-steel roasting pan, \$179.9, Cooking.com,

## 800-663-8810.



### carrot cake, page 70

#### WE RECOMMEND:

- Baba au rhum 2%-inch molds, \$4.99, Fante's, 800-443-2683.
- Ateco revolving cake stand, \$19.95, Cooking.com, 800-663-8810.
- Zyliss julienne peeler, \$6.95, Kitchen Store on 10th, 888-935-1999.

#### any night's all right, page 74

#### PICTURED IN THE STORY:

- Chilewich bamboo runner in chalk color, \$47, Mod Decor, 866-729-1156.
- Antiqued mercury-glass votive holders, \$24 for four, Pottery Barn, 888-779-5176.

#### WE RECOMMEND:

 NordicWare fleur de lis Bundt pan, \$31.95, Cooking.com, 800-663-8810.

#### make it tonight, page 88

 Shaoxing cooking wine, \$14.99 for 640 ml, Kalustyan's, 800-352-3451.

#### food for thought, page 98

• Steve Brill is the author of The Wild Vegetarian Cookbook and two foraging field guides. Buy them or get information on Brill's tours at 914-835-2153.

#### croissants, page 54

#### PICTURED IN THE STORY:

- Oxo multipurpose scraper and chopper, \$8.99, Chef Tools, 866-716-2433.
- Organic bib apron, \$21.95, Chefwear, 800-568-2433.



#### WE RECOMMEND:

- Salter Aquatronic scale, \$59.95, Cooking.com, 800-663-8810.
- KitchenAid stand mixer, \$299.99 to \$399.99. Cooking.com, 800-663-8810.
- Maple French rolling pin, \$13.95, Cooking.com, 800-663-8810.
- Parchment half-sheets, \$19.95 for 100, King Arthur Flour, 800-827-6836.
- Upholstery ruler, \$21, Perfect Fit. 800-652-5202.
- Bench knife, \$6.99, Ultimate Baker, 866-285-2665.
- Leifheit pizza cutter, \$10.99, Amazon.com, 800-201-7575.
- Aluminum half-sheet pans, \$19.95, King Arthur Flour, 800-827-6836.
- Pastry brush, 1½ inches wide, \$6.45, Cooking.com, 800-663-8810.

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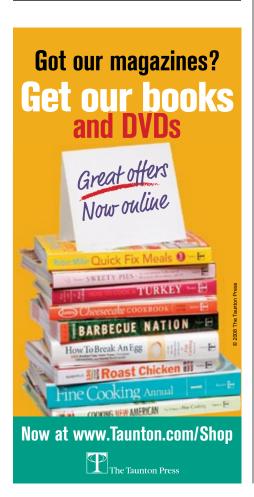
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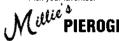
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LettTer FROM THE EDITOR, p. 6	Recipe	Calories	Fat Cal	Protein	Carb	Total Fat		Mono	Poly Fat	Chol	Sodium	Fiber
Wine-Briside Chicker with Shallots and Pancetta   750   410   422   21   416   12   23   7   140   1410		(Kcal)	(Keal)	(8)	(8)	(8)	(8)	rat (g)	(8)	(mg)	(8)	(g)
Securidad Exercise with Risains, Pine Nurs, and Capers   140   90   3   11   10   1   6   25   0   530			410	12	21	46	12	23	7	140	1///0	4
Suched Example with Raisins, Pine Nuts, and Capers   1400   90   3   11   10   1   6   25   0   0   10   10   10   10   10   10			410	72	21	40	12	2.5	,	140	1440	7
MARPMALADE, p. 19			90	3	11	10	1	6	25	0	530	6
Lemon-cinger Marmalade (pre1 Tits-)   60   0   0   0   0   0   0   0   0	•		30	3		10			2.5	U	330	U
WHITE CHEDDAR, p. 20			0	0	15	0	0	0	0	0	0	0
Baked Cheddar Crits with Bacon   340   170   16   24   19   10   0   6   1   100   490				U	15					U		U
Poblanos Stuffed with Cheddar and Chicken   510   250   37   28   28   14   9   2.5   15   570	-		170	16	24	10	10	6	1	160	400	1
Checklar and Cauliflower Soup												5
CHOCOLATE MOUSSE, p. 24   See   CHOO   See   S												2
Real Chaccialte Mousse	•	340	230	17	/	20	17	0	'	30	340	
FIRED RICE, p. 32 Five-Treasure Fried Rice	••	470	200	6	20	22	20	10	1	75	125	3
Five-Treasure Fried Rice		470	300	0	39	33	20	10		/5	133	3
DRINKE, D. 38   Whiskey Smash		440	120	17	62	14	2	7	2.5	115	000	8
MinkeySmash   170		440	130	17	63	14		/	3.5	115	880	8
The Martinez  ORANGES, p. 40  ORANGES, p. 40  DRANGES, p. 40	-	170		0	11		_	_	0		0	_
CANAMESE, p. 40   Blood Orange and Radicchio Salad   250   170   5   19   19   25   13   2   0   10   150	•											0
Blood Orange and Radicchio Salad		180	U	U	8	U	U	U	U	U	U	0
Pan-Roasted Chicken Breasts with Orange-Brandy Sauce 380 180 38 9 20 7 9 9 3 120 550 Sear-Roasted Halibut with Blood Orange Sales 180 5 1 47 0 0 0 0 0 0 0 0 0 0 Orange and Mango Sorbet 180 5 1 47 0 0 0 0 0 0 0 0 0 0 Orange and Brown-Butter Tart 430 200 6 5 4 22 13 6 6 1 110 110 110 III 0	•	050	470	-	40	40	0.5	10		_	100	-
Sear-Roasted Halibut with Blood Orange Salsa   380   160   37   18   18   2.5   11   2.5   55   510												5
Blood Orange and Mango Sorbet	· ,											1
Orange and Brown-Butter Tart  ### A30   200   6   54   22   13   6   1   110   110    ### ROAST PORK, p. 48   48   7   10   12   3   35   235   1090    ### Pork Rangout with Deached Eggs and Avocado   510   230   27   43   26   6   15   3   255   1090    ### Pork Rangout with Soft Polenta   550   240   35   44   27   10   12   3   35   255   1090    ### Pork Rangout with Soft Polenta   550   240   35   44   27   10   12   3   95   1090    ### Pork Rangout with Carbage, Caper, and Herb Slaw   360   180   28   12   20   5   12   25   80   720    ### Pork Rangout with Carbage, Caper, and Herb Slaw   360   180   28   12   20   5   12   25   80   720    ### ROASTANTS, p. 54   5   1   60   360    ### Classic Croissants   380   200   5   41   22   14   5   1   60   360    ### Bornard Cheese Croissants   380   210   10   33   23   14   6   1   80   600    ### ROASTANTS, p. 54   5   1   60   360    ### ROASTANTS, p. 54   5   1   5   1   5   0   5   5    ### ROASTANTS, p. 54   5   1   5   5   5   5   5    ### ROASTANTS, p. 54   5   1   5   5   5   5   5    ### ROASTANTS, p. 54   5   5   5   5   5   5   5   5   5												3
ROAST PORK, p. 48   Slow-Roasted Pork Shoulder with Carrots, Onions, and Garlic   Slow-Roasted Pork Shoulder with Carrots, Onions, and Garlic   Slow-Roasted Pork Shoulder with Poached Eggs and Avocado   510   230   27   43   26   6   6   15   3   265   910   Pork and Potato Hash with Poached Eggs and Avocado   510   230   27   43   26   6   6   15   3   265   910   Pork Ragout with Soft Polenta   550   240   35   244   27   10   12   3   3   55   1090   Pork Ragout with Soft Polenta   550   240   35   244   27   10   12   3   3   55   1090   Pulled-Pork Sandwichses with Cabbage, Caper, and Herb Slaw   360   180   28   12   20   5   12   2.5   80   720   Pulled-Pork Sandwichses with Cabbage, Caper, and Herb Slaw   360   180   28   12   20   5   12   2.5   80   720   Pulled-Pork Sandwichses with Cabbage, Caper, and Herb Slaw   360   180   28   12   20   5   12   2.5   80   720   Pulled-Pork Sandwichses with Cabbage, Caper, and Herb Slaw   360   180   28   12   20   5   12   2.5   80   720   Pulled-Pork Sandwichses with Cabbage, Caper, and Herb Slaw   360   180   28   12   20   5   12   2.5   80   720   Pulled-Pork Sandwichses with Cabbage, Caper, and Herb Slaw   360   180   28   12   20   5   12   2.5   80   720   Pulled-Pork Sandwichses with Cabbage, Caper, and Herb Slaw   360   180   28   12   20   25   14   5   1   60   360   Pulled-Pork Sandwichses   380   200   5   41   22   14   5   1   60   360   Pulled-Pork Sandwichses   380   200   5   41   3   3   3   3   14   5   1   80   60   60   60   60   60   60   60	Blood Orange and Mango Sorbet											2
Slow-Roasted Pork Shoulder with Carrots, Onions, and Garlic   630   260   75   6   29   11   13   3.5   235   1090   Pork and Potato Hash with Poached Eggs and Avocado   510   230   27   43   26   6   15   3   265   910	<u> </u>	430	200	6	54	22	13	6	1	110	110	2
Pork and Potato Hash with Poached Eggs and Avocado   510   230   27   43   26   6   15   3   265   910												
Pork Ragout with Soft Polenta   550   240   35   44   27   10   12   3   95   1090   Pulled-Pork Sandwiches with Cabbage, Caper, and Herb Slaw   360   180   28   12   20   5   12   25   80   720												1
Pulled-Pork Sandwiches with Cabbage, Caper, and Herb Slaw   CROISSANTS, p. 54   Classic Croissants   310   160   5   32   19   12   5   1   60   360	Pork and Potato Hash with Poached Eggs and Avocado											8
CROISSANTS, p. 54   Classic Croissants   310   160   5   32   19   12   5   1   60   360	Pork Ragout with Soft Polenta		240	35						95	1090	5
Classic Croissants	Pulled-Pork Sandwiches with Cabbage, Caper, and Herb Slaw	360	180	28	12	20	5	12	2.5	80	720	2
Chocolate Croissants   380   200   5	CROISSANTS, p. 54											
Ham and Cheese Croissants	Classic Croissants	310	160	5	32	19	12	5	1	60	360	1
CREAMY VEGETABLE SOUPS, p. 62   100   60   4   8   7   3   2.5   0.5   15   200	Chocolate Croissants	380	200	5	41	22	14	5	1	60	360	2
Asparagus Soup with Leeks and Mustard Seed  Butternut Squash Soup with Garam Masala  80 30 1 13 3.5 1.5 1.5 0 5 260  Carrot-Ginger Soup  90 30 1 13 3.5 1.5 1.5 0 5 310  Tomato-Fennel Soup with Orange  110 60 2 13 6 3 2.5 0 0 15 540  Broccoil Soup with Bacon  120 70 6 9 7 3.5 3 0.5 15 300  CARROT CAKE, p. 70  Classic Carrot Layer Cake with Vanilla Cream Cheese Frosting Spiced Carrot Cakes with Candied Carrots and Pistachios  ANY NIGHT'S ALL RIGHT, p. 74  Creamy White Bean and Herb Dip  170 80 5 16 9 3.5 4 1 15 300  Pan-Seared Skirt Steak with Warm Radish and Red Onion Pickle Broccolini with Kalamata Dressing  Roasted Potato and Mushroom Salad with Mascarpone  Buttermilk Cake with Spiced Vanilla Icing  MAKE IT TONIGHT, p. 88  Red-Cooked Tofu  Beef Picadillo  420 210 34 17 23 7 12 1.5 165 610  Chicken Sauté with Lemon, Cumin, and Parsley  Spicy Jerk Pork Chops  660 420 30 33 46 17 12 13 90 1370  Fresh Pasta with Sausage and Mushrooms  490 150 30 55 17 4.5 5 1.5 115 1280	Ham and Cheese Croissants	380	210	10	33	23	14	6	1	80	600	1
Butternut Squash Soup with Garam Masala   80   30   1   13   3.5   1.5   1.5   0   5   260	CREAMY VEGETABLE SOUPS, p. 62											
Carrot-Ginger Soup  Gerrot-Ginger Soup  Gerrot-Ginger Soup  110  Gerrot-Ginger Soup  120  Tomato-Fennel Soup with Orange  110  Gerrot-Ginger Soup  120  Tomato-Fennel Soup with Orange  120  Gerrot-Gave, p.70  Classic Carrot Layer Cake with Vanilla Cream Cheese Frosting  840  480  8  8  8  8  8  8  8  8  8  8  8  8	Asparagus Soup with Leeks and Mustard Seed	100	60	4	8	7	3	2.5	0.5	15	200	2
Tomato-Fennel Soup with Orange 110 60 2 13 6 3 2.5 0 15 540 Broccoli Soup with Bacon 120 70 6 9 7 3.5 3 0.5 15 300 CARROT CAKE, p. 70	Butternut Squash Soup with Garam Masala	80	30	1	13	3.5	1.5	1.5	0	5	260	2
Broccoli Soup with Bacon   120   70   6   9   7   3.5   3   0.5   15   300	Carrot-Ginger Soup	90	30	1	13	3.5	1.5	1.5	0	5	310	3
CARROT CAKE, p. 70 Classic Carrot Layer Cake with Vanilla Cream Cheese Frosting Spiced Carrot Cakes with Candied Carrots and Pistachios 460 110 6 85 12 6 3.5 1 75 200  ANY NIGHT'S ALL RIGHT, p. 74 Creamy White Bean and Herb Dip 170 80 5 16 9 3.5 4 1 15 300 Pan-Seared Skirt Steak with Warm Radish and Red Onion Pickle 320 190 24 6 22 5 14 1.5 65 490 Broccolini with Kalamata Dressing 120 60 4 9 7 1 2.5 3 5 530 Roasted Potato and Mushroom Salad with Mascarpone 320 210 6 24 23 8 11 1.5 35 380 Buttermilk Cake with Spiced Vanilla Icing 510 170 5 80 19 6 8 3 60 380  MAKE IT TONIGHT, p. 88 Red-Cooked Tofu 350 160 34 20 18 2.5 4 10 0 960 Beef Picadillo 420 210 34 17 23 7 12 1.5 165 610 Chicken Sauté with Lemon, Cumin, and Parsley 370 220 28 7 25 5 14 4 10 0 280 Spicy Jerk Pork Chops 650 370 62 5 41 14 21 3.5 165 670 Smoked Turkey Reubens 660 420 30 33 46 17 12 13 90 1370 Fresh Pasta with Sausage and Mushroooms	Tomato-Fennel Soup with Orange	110	60	2	13	6	3	2.5	0	15	540	2
Classic Carrot Layer Cake with Vanilla Cream Cheese Frosting Spiced Carrot Cakes with Candied Carrots and Pistachios  460  110  6  85  12  6  3.5  1  75  200  ANY NIGHT'S ALL RIGHT, p. 74  Creamy White Bean and Herb Dip  170  80  5  16  9  3.5  4  1  15  300  Pan-Seared Skirt Steak with Warm Radish and Red Onion Pickle Broccolini with Kalamata Dressing  120  60  4  9  7  11  15  300  Roasted Potato and Mushroom Salad with Mascarpone  320  210  6  24  6  22  5  14  1.5  65  490  Buttermilk Cake with Spiced Vanilla Icing  510  170  5  80  190  24  6  24  23  8  11  1.5  35  380  Buttermilk Cake with Spiced Vanilla Icing  510  170  5  80  19  6  8  8  8  11  1.5  35  380  Beef Picadillo  Chicken Sauté with Lemon, Cumin, and Parsley  370  220  28  7  25  5  14  4  100  280  Spicy Jerk Pork Chops  660  420  300  33  46  17  12  13  90  1370  Fresh Pasta with Sausage and Mushrooms  490  150  80  510  170  50  80  81  81  11  120  9  150  150	Broccoli Soup with Bacon	120	70	6	9	7	3.5	3	0.5	15	300	3
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Salt-and-Pepper Shrimp with Garlic and Chile         270         120         28         9         13         2.5         6         4.5         250         580	_											1

The nutritional analyses have been calculated by a registered dietitian at Nutritional Solutions in Melville, New York. When a recipe gives a choice of ingredients, the first choice is the one used. Optional ingredients with measured amounts are included; ingredients without specific quantities are not. Analyses are per serving when a range of ingredient amounts or servings is given, the smaller amount or portion

is used. When the quantities of salt and pepper aren't specified, the analysis is based on ¼ tsp. salt and ¼ tsp. pepper per serving for entrées, and ¼ tsp. salt and ¼ tsp. pepper per serving for side dishes.

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Photographs by Scott Phillips, except center, Quentin Bacon

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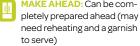


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**QUICK:** Under 30 minutes

## "Wildman" Steve Brill

For 23 years, this self-taught forager has made New York City's Central Park his produce aisle. BY LISA WADDLE



## the dish

Name: Steve Brill

**Age:** 59

Job: Leads tours of public parks, teaching which wild edibles to pick and ways to cook them

Started: 1986

Where: New York City

Known for: Pith helmet, corny jokes

A penchant for: Soymilk smoothies with Juneberries from Central Park

Fine Cooking: What made you decide to start picking and cooking what many people dismiss as weeds?

Brill: My motivation was hunger. As a poor student in Queens, I was riding my bike past a park and noticed some Greek women gathering plants—grape leaves, as it turned out. I took some home and stuffed them. They were delicious. It was free food.

FC: We're guessing that not everyone agrees that plants in public parks are free food.

Brill: Back in 1986, I was arrested for picking dandelions in Central Park by undercover park rangers. They handcuffed and searched me, but I had eaten the evidence. In court they dropped the charges, and the Parks Department offered me a job as a naturalist. They realized they couldn't keep people from foraging and that it would be better to educate them. That launched my career.

#### FC: Besides the thrill of the hunt, why forage for food?

Brill: First of all, taste. The flavors of a wild mushroom or berry are so intense. Second is cost; especially with organic food being so expensive. Third, you can find foods only available in the wild, like Juneberries and goutweed.

#### FC: Isn't it risky to eat wild plants?

Brill: I don't fool around with anything I'm unsure about. The stuff you pick in Central Park isn't sprayed with pesticides. It has fewer chemicals than

what's in processed food or even what's in a lot of the stuff in the produce aisles.

FC: Do you think foraging will become the next big thing? Brill: Well, I've seen an exponen-

tial growth in interest lately. It used to be just hikers and tourists who signed up for my tours.

#### FC: Any advice for the neophyte forager?

Brill: Pick only wild foods you've identified with 100 percent certainty. Always collect at least 50 feet from heavy traffic, and wash all plants under running water. And I emphasize on all my tours that you shouldn't decimate a plant-leave enough for future reproduction, as well as future foragers.

FC: What's your favorite thing to make with what you find? Brill: Nothing can match my

Five-Borough Salad, filled with greenbrier shoots, blue violet leaves, ramp leaves, dandelion flowers, and black locust blossoms, all from New York City parks. I served it on the steps of the courthouse at my hearing, and the press ate it up.

## FC: In all your years foraging, what's been your most prized

Brill: My wife. I met her in Central Park while foraging. We've been married six years and have a fouryear-old daughter, Violet.

Watch a video of Brill foraging in Central Park at FineCooking.com.



Scarding for great food & scenery, a sense of tranquility quickly overtook my sense of direction.

Somewhere along a winding country road, the slow pace of Umbria set in Aland known for Fertile Carmland, Roman ruins and sacred strines, spending time in Umbria feels less like a trip and more like a pilgrimage. And yet no matter how for we strayed from the beater path, every restaurant featured at least one familian favorite.— Barilla pasta.

www. Discover Barilla. com



## Barilla Fettuccine with sausage and leeks

Barilla Fettuccine

Estra virgin olive oil

Italian sausage Leeks

Dry white wine

1/2 4

4 thsp, divided

1 lb. crumbled

12

5

Grated fresh Pecorino cheese 2 cups Salt and black pepper to taste

For the complete recipe visit

DiscoverBarilla.com

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The Epicure® Dual-Fuel Range by Dacor.® The only range that has managed to blend culinary artistry with pure artistry. Beauty is in the details. Dacor is in the details.



